



Pilates Alliance Australasia

NEWSLETTER

Annual General Meeting Update

• CONGRATULATIONS

to our committee member, Catherine Aquilina on the safe arrival of her daughter, Amelia Audrey.

- The next opportunities for continuing education with the Pilates Alliance will be:
29 October 2005 - VIC
7 November 2005 - QLD
17 December 2005 - NSW

• Remember PAA Foundation Workshops are **FREE** to all Full Members of the Alliance. Associate and Basic Members will continue to receive a discount of 25% from all PAA Workshop Fees.

- Alliance Contact Details
 Pilates Alliance (Australasia)
 PO Box 374
 Surry Hills NSW 2010
 (P/F) 02-9540-3302
www.pilatesalliance.net
admin@pilatesalliance.net

Our third Annual General Meeting was held on Saturday 30th July 2005.

This year was our best turnout yet, with members from New South Wales, Victoria, Queensland, Western Australia and also New Zealand making the journey to attend. We thank all those who attended.

The day started with a small meeting covering all the general business. The new committee was decided with Karen Beattie stepping into the position of President, replacing Sally Anderson. Sally will remain on the committee as an ordinary member, looking after the Health Funds and Insurance. I think it must be said once more that we thank Sally for all of her hard work during her time as President.

A few more shuffles were made in the committee with Gloria Scott taking on the duties of Secretary, Kristy Wetherell taking charge of Continuing Education, Catherine Aquilina looking after Website, Marketing and Communications and yours truly becoming Public Officer.

Our Vice President Marda Willey and our Treasurer, Kerry Etkin continue in their positions, working as productively as always.

We are also very excited to announce that we have a new committee member from Queensland, Peter White, helping out with Special Projects. It will be wonderful to have feedback from Peter, being an interstate member for three years, which is certain to benefit us all in the long run.

After the formalities took place, we were given the opportunity to choose between four very interesting workshops. Many members and non-members attended.

In between these wonderful workshops and lunch we were given a sneak peak of the beautiful new range of clothing from Abi and Joseph, designed by our member, Abi White. I am sure that all who were fortunate enough to see, feel and smell this wonderful line of clothing fell in love with it as much as I did. Congratulations to Abi.

Overall, a wonderful, enjoyable and successful day for the Pilates Alliance. We hope that all those who attended felt the same.

Administrator.

Our New President : Karen Beattie

Karen has over 12 years Pilates movement teaching experience and has worked in Training Management and Development for almost 15 years in the Vocational Education (VET) Sector. She has taught at NIDA, Uni. Western Sydney and the Actors College of Theatre and Television. Karen consults on industry training and government accreditation matters and is the VET Manager for Pilates International Pty Ltd.

On top of her busy schedule, Karen is the owner/director of Pilates Solutions, a clinic-based studio in a multi-disciplinary health professional practice in Hornsby.

Karen has served on the Pilates Alliance Committee for the last three years in the positions of Public Officer and on the Expert Review Committee.

Pilates Alliance Australasia

Committee Members

- President:** Karen Beattie
- Vice President:** Marda Willey
- Secretary:** Gloria Scott
- Treasurer:** Kerry Etkin

Ordinary Members

- Health Funds - Insurance:** Sally Anderson
- Continuing Education:** Kristy Wetherell
- Website, Marketing and Communications:** Catherine Aquilina
- Special Projects:** Peter White
- Administrator, Public Officer, Newsletter:** Rachel Szabo

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Continuing Education—Review

The Pilates Arc with Kristy Wetherell by Rachel Szabo

A friendly little group of instructors attended the morning's first session on the day of the Annual General Meeting.

Kristy commenced the workshop with a comprehensive breakdown of each exercise. Immediately, we saw exercises which we commonly use everyday in a new light with interesting and very useful variations. Many of our faces were lighting up with this new found knowledge.

We were given repertoire to progress and regress clients, repertoire to challenge our basic and advanced clients and even given those quirky little pieces of repertoire to challenge the way we would usually execute a

particular exercise. It was all there.

This then moved into an integrated matclass using the Pilates Arc and implementing all of the exercises that had been reviewed. What started off as a basic/progressive matwork ended up with Teasers on the Arc, to the delight of all those participating!

It was wonderful to see the Arc being used through all levels, especially the useful applications for clients having difficulty with the Spine Corrector.

I am sure the workshop has provided an excellent addition to our instruction. Whether this workshop acted as a refresher course or an addition to our existing repertoire, it gave you much food for thought.

I may even add that since attending this workshop and implementing some of these exercises, I have had great success with those clients who were daunted by the Spine Corrector.

As Kristy Wetherell is now our On-Going Education Co-ordinator, I am sure the participants would agree with me when I say that I would love to see this workshop travel to the other states.

It is highly recommended.

If you have an article you would like to place in our newsletter, please contact the Editor at admin@pilatesalliance.net

Continuing Education—Review

Short Box, Long Box on the Reformer with Marda Willey by Peter White

For a Pilates teacher with often limited opportunity to review or apply the full repertoire, it's always beneficial to participate in a focused workshop on any aspect of the routine.

Marda Willey's workshop on the short box and long box work on the reformer was one such opportunity.

Given Marda's comprehensive background in movement studies along with her certification in "Authentic Pilates" we were treated to a quick and comprehensive revision of all the more advanced repertoire on this apparatus and given an insight into the different focus that

"Authentic Pilates" has with some of the exercises.

Two hours is a limited time to review this complex range of exercises but we got to see and briefly practice everything in the time allocated.

Marda's knowledge and quick diagnostic eye enabled us to once again see the detail and precision the exercises can be refined to.

Of course I would have loved to have spent another hour of consultation just refining my own applications but time constraints kept it brief. Guess I'll just have to book in for a private session with Marda next time I'm in Sydney.

Pictured Left: Short Box, Long Box on the Reformer

Presenter: Marda Willey

NEW MEMBERS

Carla Mullins Highgate Hill QLD
Rachel Coady Tamarama NSW
Louise Rutherford Labrador QLD
Shonadh Toon Panton Hill VIC
Julie Westcott Castlecrag NSW
Rodney Searle Tweed Heads NSW
Jennifer Searle Tweed Heads NSW
Habiba Benchaib Hong Kong CHINA
Joanna Dezius Lilyfield NSW
Emma Oclee Bowral NSW
Fiona O'Connor Balmain NSW
Amy Block Ferwan QLD
Teresa Scammell Coomera QLD
Bernadette Smytz Sunshine Beach QLD
Nicole Smith Ferny Hills QLD
Troy Evans Eight Mile Plains QLD
Lauren Harper Sawtell NSW
Caroline Fadi Sylvania NSW
Jill Healy-Quintard Manly Vale NSW
Anna Le Her Chippendale NSW



Continuing Education—Review

Colour Your Teaching with Peter White by Marda Willey

I saw pain and anal retention in the Yellow Card but the person next to me saw beauty and cleanliness. *What was wrong with them!!!!???* I saw freedom of spirit and fun in the Blue Card and, *oh no* that other person saw loss of control and fear. How can we be so different? We are both Pilates teachers!

Peter went through a little practical session with us to explain our differences. The Colour Workshop was a smaller, condensed version of the Myers Briggs personality test.

We all have clients that don't seem to work with other people or who other clients don't want to work with. For that matter we also all have at least one client that we teachers can not seem to get through to or at least have to work hard to reach—they have a personality and learning

method so far away from our usual teaching styles they make our job challenging.

If you can relate to any of this and want some useful hints on mixing up your teaching methods to deal with all situations, then do Peter's workshop.

I actually learned what type of person I have liked to learn from in the past. Knowing I am Blue/Orange will now make it easier to identify those unknown colour combinations and their reluctance to go with my flow, and I will also accept and understand the different teaching types of my peers: from lassie' faire to controlled and super organized.

Oh my! I am a changed teacher.

Thanks Peter, it was great fun to do.

Continuing Education Update

Please note that some of these dates have changed:

VICTORIA

Full Workout Using the Cadillac

Presenter: Marda Willey
29th October 2005
1:00 pm - 3:30 pm
National Pilates Centre
Level 1/99 Queen Street, Melbourne

QUEENSLAND

The Use of Pilates In Shoulder Rehabilitation Post Mastectomy

Presenter: Kerry Etkin
5th November 2005
2:00 pm - 5:00 pm
Pilates On MacGregor
64 MacGregor Terrace, Bardon

NEW SOUTH WALES

Crazy Christmas Mat Workout Member Discussion and Christmas Drinks

Presenter: Kristy Wetherell
17th December 2005
2:00 pm - 5:00 pm
Pilates International Training Centre
79-83 Myrtle Street, Surry Hills

Full Members: Free
Associate/Basic Members \$30
Non-members \$45

To book phone/fax 02 9540 3302 or email admin@pilatesalliance.net

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t: 08 9284 7425
e: info@abiandjoseph.com

Exhibiting at Mind Your Body Expo,
November 18 - 20, 2005
Hilton Hotel, Sydney



Part Time Position



East St Kilda, Melbourne, has a part-time position available for an experienced Pilates practitioner that would like to be part of the creative and motivated team. You will have the opportunity to work in an environment of combined national and international skills in movement and the Pilates Method that is the inspiration and foundation of Infinity.

Infinity continually strives to provide excellence in the Pilates Method and is keen to share the learning experience through continued commitment to the philosophies and education.

Hours to be negotiated.

For further information, please call **Kerrie Murphy** on **(03) 9534-6233** or email kerrie@infinitypilates.com

Pilates Equipment - For Sale

Balanced Body Equipment (18 months old) Black upholstery

Rock Maple Studio Reformer (5 springs, 3 headrest positions)

Complete with allegro box with straps, oversized standing platform, black vinyl cushions x 3, non skid kneeling pads x 4 **\$4400**

Trap Table (3" wider than traditional trap table)

Complete with push through bar, 3 height adjustment & safety strap, 2 yellow, 2 blue, 2 red springs, 2 leg springs & loops padded trapeze bar with collars & springs, roll down bar, cotton belly strap, set of lambswool fuzzies, set of Velcro thigh & ankle cuffs., padded foot stopper & trap table extender **\$5100**

Combo Chair

With handles & knobs, 4 springs, ideal height to use with trap table. 4 positions for springs, split pedal. **\$ 1200**

Ped-A-Pul - Kidney Shaped Base **\$ 300**

Baby Arc - East Coast **\$ 200**

Balance Board - 20" **\$ 75**

Rotator Discs - 12" x 2 **\$ 92**

Total \$11,376

Sell the lot for \$11,000

Phone Susan on 02 6632 2606 Nth Rivers NSW

Email pilatesveda@nor.com.au

PILATES TEACHER REQUIRED

City Clinic is a multi disciplinary medical clinic that includes a fully equipped Pilates Studio. There are currently 1-2 sessions (3.5 hours) a week available plus holiday cover but with strong possibility of additional permanent work.

We require a well qualified, experienced and enthusiastic Pilates Teacher with a good working knowledge of functional exercise and rehabilitation.

Please Email your CV to waterfallstudio@cityclinic.com.au or phone Jane on 0411 822 287.

www.cityclinic.com.au



Register now for

Mind Your Body Annual Conference

18, 19, 20 November 2005

at the

HILTON HOTEL

This year MYB features special guest presenter **Jillian Hessel** as well as a broad and talented variety of Australian and international presenters.

Register now to avoid disappointment.

www.mindyourbody.com.au or info@mindyourbody.com.au for a conference brochure and registration form to be sent.

This year we also offer the opportunity to explore repertoire and practical applications for

SCOLIOSIS

by Jillian Hessel

in a pre-conference workshop on 17th November

12noon to 5pm. Cost is additional to the conference

registration and limited numbers apply

HF Industries will be supplying all conference equipment which will be made available to delegates at greatly discounted prices. To reserve your choice of equipment please email Anne at hfindustries@msn.com.au