



Pilates Alliance Australasia

# NEWSLETTER

## Welcome to new Administrator - Carolyn Antony

**NEW  
MEMBERSHIP  
RATES**  
IMPORTANT AND  
GREAT NEWS FOR  
FULL MEMBERS -  
SAVINGS ON YOUR  
RENEWAL OF  
MEMBERSHIP

(see page 2 for full  
details)

There has been a change of Administrator for the Pilates Alliance. The lovely Rachel Szabo has now handed over the reins to me, as she has been made an offer too good to refuse, to go full time in her other job and we wish her well. Rachel is still a member of Pilates Alliance and continues to do classes, so you will see her at Pilates Alliance functions. By the look of the files I have inherited, she has done a wonderful job as Administrator and I will endeavour to carry on her good work.

To introduce myself, my name is Carolyn Antony, I have spoken to several members already since joining the Alliance, at one of the busiest times of year, with membership renewals and a newsletter coming out. My background is sales and

marketing, conference organising, advertising, theatre audience development and my own business, which is audio guided walking tours of Sydney.

I have attended Pilates classes, but I am certainly no expert and may need to get back to you on technical issues!! I have been brought in to give a different slant on the business side, utilising my background and skills. So please, if you have any feedback on what you would expect from your membership of Pilates Alliance and we are not currently providing this service, please send this to me, and remember this is your Alliance and we are working together to make it work for YOU.

Do note the great news of savings for Full Members in "Hot off the Press".

Future newsletter articles will include:-

- Marketing on a Shoestring
- Strategic Alliances and Networking
- Making Your Website Work for You

The office is now up and running and I can be contacted on 02 9969 3150. Monday 9am-12noon. Wednesday 9am-5pm and Friday 2pm-5pm. Even the times when the office is unmanned the messages are checked daily, so please do not hesitate to leave a message or send me an email.

Carolyn Antony –  
Administrator, Email:  
[admin@pilatesalliance.com.au](mailto:admin@pilatesalliance.com.au)  
New Telephone/Fax number  
02 9969 3150  
PO Box 42  
Cremorne NSW 2090

The Alliance newsletter is sponsored by



**HF Industries**

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FOR ALL YOUR BALANCED  
BODY NEEDS.

### NEW ALLIANCE MAILING ADDRESS

Alliance Contact Details  
Pilates Alliance (Australasia)  
PO Box 42  
Cremorne NSW 2090  
(P/F) 02-9969-3150  
[www.pilatesalliance.net](http://www.pilatesalliance.net)  
[admin@pilatesalliance.net](mailto:admin@pilatesalliance.net)

### 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, Newsletter: Carolyn Antony  
Public Officer: Rachel Szabo

## IMPORTANT AND GREAT NEWS FOR FULL MEMBERS - SAVINGS ON YOUR RENEWAL OF MEMBERSHIP

Hot off the press from the committee, the decision has been taken to restructure membership fees **in response to our members feedback**, even though this year's membership renewals have already gone out.

There is now a new reduced fee of **\$300. ONE fixed rate** for all **FULL members**, regardless of their level, so as you become a **HIGHER LEVEL MEMBER**, you pay **NO EXTRA**.

The other issue was full members who are NOT located near where CEC workshops are held and therefore cannot take advantage. In fairness to all full members this inclusive benefit will therefore be discontinued and the discount for Associate and Basic Memberships will cease.

We will now be charging a fee for all CEC workshops, relevant to the length of the workshop and lecturer presenting. For example if we offer a 3 hour workshop from an interstate or international presenter (who is currently in Australia) the cost will be higher to cover their fee and travel expenses. However, at all times we will endeavour to offer workshops at a **competitive price**. Remember 2007 is the year we need to see your CEC submissions so you will need to be working towards them this year.

The criteria of academic achievement for the various levels will still have to be shown, however some members were holding back on applying for the next level, due to cost restraints.

We want you all to reach your full potential and be encouraged to do so, with your certificates documenting these achievements for all your colleagues and clients to see.

## NEW MEMBERS

**Kathryn Banks**  
Moonee Ponds VIC

**Catriona Drysdale**  
Perth, WA

**Allison Hansen**  
Bayview, NSW

**Leanne Hodge**  
Wagga Wagga NSW

**Laraine Ludwig**  
Taroona, TAS

**Natasha Newton**  
Pahran, VIC

**Victoria Gilbert-Smith**  
Copacabana, NSW

**Lisa Peresan**  
North Balgowlah, NSW

## NEW STUDIOS

**Pilates @ Newport**  
Newport, NSW

## 2006 CEC DATES TO REMEMBER

**April 22nd** - Workshop VIC, WA and QLD  
**July 29th** - AGM + Workshop NSW and QLD  
**October 21st** - Workshop VIC and ACT

Further details will be posted on the Alliance  
website [www.pilatesalliance.net](http://www.pilatesalliance.net)

2006 Continuing Education Schedules are available for:  
**Pilates International**

[www.pilatesitc.com/courses.cfm](http://www.pilatesitc.com/courses.cfm)  
and

**Polestar Pilates Australia**  
[www.polestarpilates.com.au/workshops](http://www.polestarpilates.com.au/workshops)

## Upcoming Events Members may wish to participate in:-

**Health & Beauty Show** – 16-18 June 2006  
Darling Harbour, Sydney.  
Fitness Section. 100 exhibitors.  
Open Fri & Sat. 10am-6pm & Sun. 10am-5pm  
As Exhibitors or public.  
[www.goodhealthandbeauty.com.au](http://www.goodhealthandbeauty.com.au)

## **International Association for Dance Medicine & Science (IADMS)**

17th Annual Meeting in Canberra, 25-27 October  
2007 – Canberra with Post Conference Melbourne  
Expressions of interest for attendance and paper  
submission welcomed by IADMS. [www.iadms.org](http://www.iadms.org)

## Teaching Dad Pilates

I started teaching Dad Pilates last year. A tall, thin man, he is a true ectomorph. Not an athlete. No, definitely not sporty. Dad turned sixty last year. What prompted him to start Pilates is not that clear. Probably a combination of curiosity, and perhaps a promise heard or read somewhere of some more muscles.

For the last twenty years, Dad had been doing his "morning exercises". At the beginning of his first Pilates class, I ask him to show me these exercises. Half way through his first full swinging, bouncing, lumbar flexion to touch his toes, I scream "stop!"

Standing him side on in the mirror, I explain about the posture of the spine and how Pilates works. I see him tuning out. Has he stopped breathing too? He collapses laughing, saying it is too hard. "Too hard?" I ask, "But you're just standing there! Do you see what I mean? This is hard stuff". A little smile comes across his face and he forms a military pose in protest. Then falls back into a slumped ectomorph posture, again laughing.

In a flash, I feel like crying. Friday afternoon, usual free time, I wanted to relax and have coffee. I've taught all week, I'm privately exhausted. Other thoughts start darting into my mind. I don't let on. Dad wants to give up and have coffee too. I tell him not to be ridiculous, that Pilates is not about instant gratification. I privately wish, in that moment, that it was.

A duty to Pilates doesn't let me give up with Dad. Neither does a sense of guilt. Don't I owe this to my parents after the years of welfare they've provided me with? My moment of inner turmoil resolves itself and my chest relaxes. I have a laugh. Suddenly, I'm enthused and continue. I say something cheeky and put Dad in his place. He wants me to write down the exercises we've done.

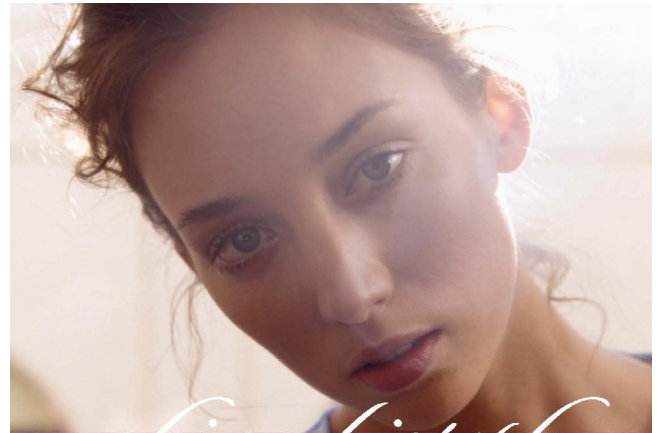
Dad returns a fortnight later. Pilates now replaces his archaic "morning exercises". He says he couldn't make out some of my bad stick-figure drawings on his list of exercises but has practiced the memorable ones. I ask why I never got any art classes in all his time teaching!

"Stop!" I say, after he performs one terribly stiff, rib jutting, abdominal bursting, pelvic roll-up. What has he been practising at home? Images of him lying disjointed amongst broken furniture and renegade Swiss balls flash across my mind. I try and rectify the badly done homework.

Three months later, I'm at Dad's exhibition opening, sipping wine. Based on the comments and questions from his friend's whom I mingle with, he is a virtual, walking Pilates advertisement. His friends seem impressed with his testimonial. Some of them even promise to start with me.

Each lesson, as Dad becomes more aware of his body, I feel like a puppy given a tit-bit. He even starts asking for specific exercises. It's so exciting to teach someone and watch them learn, especially when they've taught you most of your life. Coffee and gossip afterwards is rewarding, but this is even better.

**Article by Rachel Coady**  
**Alliance Member**



*abi and joseph*

visit our website.

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e: [info@abiandjoseph.com](mailto:info@abiandjoseph.com)

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### ADVERTISING RATES FOR NEWSLETTER

Advertising Rates	Members	Non Members
Full Page	\$70	\$95
Half Page	\$45	\$60
Quarter Page	\$30	\$40



## POSITIONS VACANT

To place an advertisement, please contact the Administrator at [admin@pilatesalliance.net](mailto:admin@pilatesalliance.net)

### **Pilate's Reformer instructor Required for busy Wellness Centre on the Gold Coast**

This is your privilege to develop a business within a busy up market personalised Wellness studio. A place where experts in health, fitness and beauty work together to achieve, extreme makeovers within the mind, body & spirit as a part of a membership package.

If you are brilliant, enthusiastic, dedicated and passionate about your career and have a vision for holistic wellness and are a fully certified Pilate's instructor whom can instruct all types of ailments on a reformer, then I strongly recommend you look into this amazing opportunity.

The successful applicant must have own insurances, be fully certified to the standards of the Pilates Alliance

Australasia and have an out standing hard working work ethic as well as be able to sell ongoing packs to a supplied client base.

Please send your resume to [wingswellness@msn.com](mailto:wingswellness@msn.com) or contact **Donna on 0416 078855**

For immediate interview and start for the right person.

**pilatesITC**  
international training centre

### **seeks instructor/s for their Melbourne studio**

We are looking for the right instructors to join our new studio in Glenhuntly Rd Elwood.

Senior practitioner at the studio is Shauna Hall and you would have the opportunity of working alongside her, Sally Anderson and from time-to-time the rest of the Pilates International team.

All enquiries are welcome. We are also interested in instructors with additional administration skills who may want to integrate some admin hours with their on floor hours.

Call **(02)96996557** or email [info@pilatesitc.com](mailto:info@pilatesitc.com) with your resume.

### **EXPERIENCED PILATES INSTRUCTOR**

#### **Camberwell, Victoria**

Established, fully equipped Pilates rehabilitation practice

16-20 hours a week.

On-going weekly education sessions rehabilitation specific training provided.

Please forward your resume to:

Rebecca Harding -

**In Sync Physiotherapy and Pilates**

[rebeccaharding@optusnet.com.au](mailto:rebeccaharding@optusnet.com.au)

**Tel: 03 9813 2188**

### **UNIQUE PILATES OPPORTUNITY AVAILABLE AT UPE Pilates (est. 1999)**

is seeking qualified experience **Pilates instructors** for  
*"Sutherland Shire's Premier Pilates Studio"*.

Situated 1/2hr from Sydney's CBD, the successful applicants will enjoy working part time and or full time in a dynamic team of instructors and be teaching loyal, committed clientele.

It is the first time in seven years of operation that the fully equipped studio has employment opportunities available to applicants who are enthusiastic; self motivated and have a desire to add value to the studio environment. They will also be passionate about helping clients reach their fitness and well being goals. Remuneration will be based on experience and is negotiable.

**Expressions of interests close on March 31, 2006**

and should be made to:

Klinton & Katrina Hoare

[upe1@bigpond.com.au](mailto:upe1@bigpond.com.au) or call 041 119 1965 or

fax CV to 02 9540 9891

## POSITIONS VACANT / ADVERTISEMENTS

To place an advertisement, please contact the Administrator at [admin@pilatesalliance.net](mailto:admin@pilatesalliance.net)



Experienced Pilates Mat Instructors for small intimate class sizes (max 10) at Natural Health Centre. Opportunity to do one-on-one sessions also. Please see our website for more about who we are, our philosophies [www.thesourceofwellness.com](http://www.thesourceofwellness.com)

Our session times are:

**Wednesdays 5.45pm-6.45pm**

**Thursdays 10am-11am**

Openness to work with therapist and with varying participant abilities and needs in air-conditioned attractive calming studio at Wharf Road, Gladesville. Bus, Untimed street parking available. If this sounds like you, we look forward to hearing from you for start by first week of April or earlier.

<b>Business:</b>	<b>The Source of Wellness</b>
<b>Contact Person:</b>	<b>Ally Condren</b>
<b>Phone:</b>	<b>0421 644 128</b>
<b>Email:</b>	<b><a href="mailto:info@thesourceofwellness.com">info@thesourceofwellness.com</a></b>
<b>Web:</b>	<b><a href="http://www.thesourceofwellness.com">www.thesourceofwellness.com</a></b>

## OLYMPIC PARK SPORTS MEDICINE CENTRE MELBOURNE

Pilates trained physiotherapist required for part time 9 month maternity leave position, to start ASAP.

Possibility of ongoing role in 2007.

Please contact Kate  
on **0412 164457**

## STUDIO SPACE FOR RENT

Fully equipped & established Pilates studio in **Bondi Junction, available to rent now.**

We are looking for fully certified instructors who wish to train their own clients within a studio environment.

This could be on a private or semi-private basis.

Days available are Monday to Saturday,

Times and rent negotiable.

Must have own current insurance and first aid certification.

Ph: **Melanie - 0411690339**

## PILATES STUDIO FOR RENT

Brand new, light, airy Pilates studio in Charring Cross/Waverly for rent. \$100/day\*.

The studio has a Wall Unit Trapeze, Reformer, Wunda chair, Arc barrel plus small apparatus. Equipment can be moved to make room for floor classes. Above "Good for you" health food store, with massage rooms next door, the studio is in the perfect location holistically and is also central to all Eastern Suburbs.

\*Two half days can make a day

**PHONE:**

**THE PILATES WORKSHOP 93861611**

## ADVERTISEMENTS

To place an advertisement, please contact the Administrator at [admin@pilatesalliance.net](mailto:admin@pilatesalliance.net)

### AVAILABLE FOR LEASE

#### 5 professional Pilates reformers

timber construction

1,2 & 6 month leases available



For enquiries please contact

**Fitzroy Pilates Studio 03 8415 0342**

**pilatesITC**  
international training centre

### Licensing Opportunity

#### Certificate IV in Pilates Instruction

**Pilates international** is offering the right organisations an opportunity to license this qualification for delivery. Interested organisations will need to be, or be prepared to become, a registered training organisation, and hold or undertake this qualification plus Certificate IV in Assessment & Workplace Training (or equivalent).

The Certificate IV in Pilates Instruction is the industry entry level qualification. Licensing would be for 3 years and opportunities exist in a number of Australian states. For further information please email your name, organisation details and your background to [sally@pilatesitc.com](mailto:sally@pilatesitc.com)

### Pilates Instructors are needed in the Newcastle/Maitland (NSW) AND Ringwood/Doncaster (VIC) area to become members of Pilates Alliance.

We appear to have a shortage of Pilates Alliance members in the Newcastle (NSW) and Ringwood/Doncaster (VIC) area and I have received a couple of calls from prospective clients needing your services. If you are, (or know of) a qualified Pilates Instructor you may like to consider joining the Alliance and filling this gap, please check out our website to see if you have the necessary competency criteria.

Those interested should contact myself,  
Carolyn Antony, Administrator.

Pilates Alliance. PO Box 42. Cremorne NSW 2090.

Tel: 02 9969 3150

E: [admin@pilatesalliance.net](mailto:admin@pilatesalliance.net)

### ROOM FOR LEASE

in busy multi-disciplinary healthcare  
centre in Sydney CBD.

Ideally suits motivated, professional  
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Marketing and support staff provided.  
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**Call Roman on (02) 9299 1661  
for more details.**