



Pilates Alliance Australasia

NEWSLETTER

Presidents Report to Members

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HF Industries

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Well, it's nearly the end of the year .. again! It's all too clichéd to say it just spins around so quickly, but it really does. Fortunately I get a real pilates boost over November that spurs me on. For the last six years this time of year has seen me at the PMA conference in the States, getting inspired by some great pilates elders and practitioners and connecting with my international pilates friends. It is always a fun time for me and a chance to spend a few days seeing what's going on in the world.

This year my highlight of the conference was a particular exercise handed down by Kathy Grant (by way of her protégé Blossom Leilani-Crawford, who executes it beautifully). This lovely variation of the Shoulder Bridge was worth the trip alone, although I gained so much more as well. Kathy thinks that Joe instructed her in this exercise specifically, and as far as any one knows, it was not a common variation. But it is indeed a great one, and a joy that Kathy can share it. Blossom taught a "Kathy Grant matwork session" that offered many exercise variations and interpretations in addition to an approach to matwork that is lovely and inspirational.

It is always rewarding to share information and good times with like-minded colleagues and it is becoming even more so as the pilates profession the world over sets standards that allow for broader and more encompassing thinking. For the past couple of years I have been fortunate enough to be given the opportunity to present at the PMA conference. An opportunity which I also find very rewarding as given the volume of pilates teachers from so many different approaches present at the conference, it is exciting to be able to deliver my style of work to them.

It is with this spirit of meeting and sharing with colleagues that the Pilates Alliance Australasia has now bought the rights to the Mind Your Body

conference in Australia. This will now form a major event for Continuing Education managed and hosted by the PAA. A lot of planning has already taken place for the next conference which is **Thurs 26, Fri 27, Sat 28 July 2007**. Write it into your schedule, as it will be a great conference.

I am in a unique position with this conference as, having founded the event along with Helen Tardent and Genia Lifschitz, I now hand it over to the PAA where as president I will still have the opportunity to consult on aspects of the event. However the committee, under the guidance of Lanette Gavran, Gloria Scott and Carolyn Antony, will undertake all aspects of the conference delivery for the PAA. At the last Mind Your Body Conference, November 2005, we nominated May 2007 as our next conference dates. With this change over of management we have just pushed that back a few months to July, however the PAA does not anticipate that length of time between these events in the future.

I can say that we have confirmed **a unique and creative venue for the conference this coming year at NIDA** and we have a number of excellent international pilates practitioners under consideration as presenters. Stay tuned and we will have more confirmed details soon. The PAA is making offers to presenters that we would like to host, however we also welcome applications to present from any interested persons. To apply, please email Carolyn at admin@pilatesalliance.net and request an application to present at MYB.

The 2007 MYB conference will retain the theme of "Reaching Performance Potential", focusing on working with and developing elite performers and athletes. This theme will explore all aspects of reaching performance potential including elite training programming as well as rehabilitative

.....**MIND YOUR BODY CONFERENCE 26-28 JULY 2007**—Add to your schedule **NOW**.....

Presidents Report to Members Continued from Page 1

needs, and applications ranging from pre-pilates level through to more advanced levels of work. Something for everyone!!

We will have a lot more information to share with you in the [New Year](#).

Well that's it from me for now. I wish you all the very happiest festive season and a wonderful year in 2007. The PAA has a lot of plans for progressing the industry and supporting our members as we grow, so I wish everyone a good rest over December-January and a bold, inspired start to the new year. Make sure you do take time out to replenish and invigorate so that you feel refreshed for all that lies ahead.

Stay safe and well,

Sally Anderson - President PAA

Guidelines for use of PAA Logos, Promotion, Advertising

PAA Guidelines for use of Logos, Promotion and Advertising are now available

There are guidelines PAA Members are required to follow when using the PAA logo, when attaching the PAA title, and when using the PAA name in conjunction with any other business. Here are **just some examples**, but for **full guidelines to PAA Logo use and advertising guidelines**, please email Carolyn, the administrator on admin@pilatesalliance.net with your contact name, membership number, registered name of organisation and request.

PAA Logo

The PAA logo may only be used by members registered by PAA as a:

- Full Member (Individual membership)
- Registered Studio
- Registered Educational Organisation.

Associate and Basic members of the PAA are not entitled to use the PAA's logo in relation to any profitable business activity they undertake.

Some of the key points to note when using the PAA logo are:

- the logo can be used to denote current and compliant membership or registration with the PAA
- the logo can be used to indicate an educational program or course formally accredited by the PAA
- the logo must be obtained **via the PAA administration only** and not from any other source
- the logo may be used on business promotional items and sites where that business is fully compliant with it's registration with the PAA
- the logo must not be used to suggest that education/training is accredited by the PAA when it is not.
- The PAA logo is available in the PAA colour and in black and white.

NEW MEMBERS

Audrey Morrison
Manly, NSW

Carmel Lindsey
Chippendale, NSW

Darren Vizer
Double Bay, NSW

Dominique Rohan
North Balgolah, NSW

Joanne Bezzina
Epping, NSW

Jocelyn Dexter
Southbank, VIC

Karen Lee
Manly, NSW

Kimberley Garlick
Frenchs Forest, /Belrose NSW

Kimberly Semple
West End, QLD

Lisa Ryan Jackson
South Tweed Heads

Lorraine Deck
Randwick/Warriewood/Lane Cove/
Neutral Bay- 17 locations NSW

**REMEMBER: WE DO NEED TO
SEE YOUR CEC'S FOR
RENEWAL OF
MEMBERSHIP IN 2007**

MIND YOUR BODY

CONFERENCE Is being held at a unique Sydney venue in 2007 with studio space that really suits the Pilates method.

The National Institute of Dramatic Art (NIDA) - 215 Anzac Parade, Kensington, NSW 2033

Located opposite the University of New South Wales (UNSW)

...**Mind Your Body Conference** will be held **Thurs 26, Fri 27, Sat 28 July 2007** in Sydney at **The National Institute of Dramatic Art (NIDA) 215 Anzac Parade, Kensington, 2033—add to your schedule NOW**

BENEFITS FOR MEMBERS

Discount on Clothing


15% discount on exercise wear range offered to PAA members, only for direct telephone orders or via website by

Abi and Joseph
Tel: 08 9433 3328
Email: info@abiandjoseph.com

Discount on Clothing

20% discount on Sport wear range offered to PAA members, only for direct telephone orders or via website by

Excite Sport
Tel: 02 9363 5353
Email: info@excitesport.com.au
<http://www.excitesport.com.au>



shop online @ www.abiandjoseph.com

WHERE TO BUY ABI AND JOSEPH. PILATES CENTRE MOSMAN (02) 9968 4388, PILATES MOVES DOUBLE BAY (02) 9328 5600. IF YOU WOULD LIKE TO RETAIL ABI AND JOSEPH PILATES CLOTHING OR ACCESSORIES IN YOUR STUDIO, PLEASE CONTACT US AT SALES@ABIANDJOSEPH.COM FOR FURTHER INFORMATION.

We hope to add to these PAA member discounts, so look out for them in subsequent newsletters or on our website.

We shall be **looking for suitable sponsors** during the **Mind Your Body Conference**. If you know of any company that works with the Pilates industry that this may suit, an opportunity exists to profile them in this important Conference to the Pilates Industry. Please ask them to contact the PAA Administrator for further details.

Tel: 02 9969 3150 Email: admin@pilatesalliance.net

ADVERTISING RATES FOR NEWSLETTER

This are due to increase shortly

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

To advertise please contact Tel: 02 9969 3150
admin@pilatesalliance.net

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MAKE YOUR WEBSITE WORK FOR YOU - by Carolyn Antony (Alliance Administrator)

Start by having a professional looking website that is easy to view and navigate.

OK you have your professional website, it is superb and has everything there that is needed, answering all your potential clients questions – what next? This is only the first hurdle.

Meta Tags or Keywords

Although many search engines state meta tags or keywords are not used, some still do, so its best to try and add these where it makes sense to do so. Meta tags (keywords or phrases) are the words that are used to search. These words should be included within the text of your home page preferably, with relevance to your business. Just be cautious, do not overuse, otherwise you can be ignored for spamming and avoid being listed. The more relevant words are stored in a search engines index, although you don't want to saturate with words, the search engines like them.

Keyword Density Analyzer

Once you are happy with your keywords and phrases, test them on a free online Keyword Density Analyzer, this checks the keywords and makes suggestions

Personally I hate to be presented with a contact form, I prefer to see where the company I am dealing with is located and be given their contact details and email address, however I know it can encourage the email address to be harvested for spam emails. The latter is your problem the former your clients, so hence I err on making the potential client happy foremost. The alternative is to state your location and phone number, but keep the email address within the form thus addressing both issues.

How to Find You

You need people to be able to find you easily. This does mean some effort on your part. I say your part, as I am presuming you do not wish to pay out for others to do this. You need to contact the larger search engines and register your website which is free to do, basically what you are asking them to do is list (spider or crawl) your website. Don't go with mass registering, search engines like to have the information registered on an individual basis.

Think laterally at all the places your potential clients are likely to search for Pilates. Association bodies, health and fitness, wellbeing, etc, definitely get listed on all those that are free, or not cost prohibitive within these fields. Balance then the cost of insertion in to say Yellow pages online or similar which charge a fee. If you do go down this track, ensure you can reap sufficient extra business to make it worthwhile. To get your money's worth, add as much information as possible, in addition to a link through to your website if available.

Search Engine Spiders & Changeable Content

The search engines send out their electronic robots or spiders to check out your website. These visit your website more, if you have some content that alters over time, for example classes, tips, articles or specials, which can lift your rankings.

Added as Favourite

Is there something that would get your clients or potential clients to return to your website on a regular basis? This way your website maybe added as a favourite and all these things assist in your rankings.

Rankings

When I talk about rankings I mean if you put in certain words, your website wants to be displayed on the first or second page. Each of the search engines has their own method of ranking, known as algorithm and the same website can produce totally different rankings on other search engines

Linking

Resist linking to all that contact you, asking for reciprocal links. Link only with those that it makes sense to link with, it must have some relevancy otherwise the search engines will not look favourably upon your site. Good quality links will impact on both the perception of your business and help with the rankings.

Statistics

Check with your web host if your website statistics are provided to you at no extra cost. If they don't, then there are some very good free web stats programs such as Funnel Web or AlterWind Log Analyzer Lite - free web analyser.

When looking at your statistics or logs you can also see how many and often the search engine spiders visit. If a Google spider has been, it will be googlebot for example.

To make good use of your stats you need to first remove hackers attempts which can be found as they tend to have a long run of binary code. When these have been removed you are left with some good information which can be used in your marketing. It will show you how many hits a day you have, the peaks and trough hours, days, the pathway taken through your website, the time taken looking at each page, most popular pages, the entry and exit points, which search engine was used to find you and what country they are from, what type of browser the visitor uses. It will also show if you have been added to their favourites.

Use all information gathered to focus your marketing plan.

Carolyn Antony is also Principal of Talking of Sydney Tours

<http://www.talkingofsydney.com.au>

IMPORTANT Update on Health Funds MBF

We are delighted to inform our Full PAA members (does not include Associate or Basic members), that those who gave us their details for submission to MBF as providers, back in September/October have now been inputted in to MBF's provider registration system.



This means your clients who have the appropriate MBF cover can now claim.

It is your clients responsibility to know if their MBF membership benefits will cover them for Pilates, or they can enquire with MBF. Providers are not given MBF client's level of cover.

Reminder from previous newsletter of what you need to know.

If any PAA member has not received an email and attachments, it would be because your membership has lapsed, or you are not yet a full member. As our Associate and basic PAA members reach full membership and qualify, these details will be also sent to you.

Once we have provided the data file of our members that fulfil the requirements to MBF - your details will be "loaded" on their claims and benefit system, so that claims can be paid for your services. A provider number is not issued as it is for internal MBF use only. **MBF will advise us when the process is complete and we will advise you by email accordingly.**

The PAA administrator will be updating electronically, any changes to your details on a monthly basis to MBF. It is in your interest therefore, to **keep the administrator informed.** It will be easier now the bulk of members are already loaded and subsequent PAA members numbering under 20 can be loaded within 5 working days.

The Recognition Criteria are as follows:-

As part of MBF's recognition criteria, applicants for Pilates must have completed a tertiary level teacher training program course in Pilates, which must consist of, as a minimum:

- 25 hours of Health Sciences including Anatomy and Physiology
- 130 hours of class contact hours
- 160 hours of supervised personal practice with an accredited instructor
- 200 hours of documented supervised teaching apprenticeship

In addition, the following requirements are mandatory:

- Professional Indemnity Insurance of \$1,000,000 minimum, per claim
- Senior First Aid certificate (or equivalent)

Additional criteria

In addition to the requirements detailed above, all qualifications must include an adequate emphasis on practical application of the treatment concerned, including demonstrated and proved capacity to carry out the treatment in a safe way to an acceptable level of competence.

<https://provider.mbf.com.au/main/ancillary/therapies/pilates.html>

FEEDBACK

The Pilates Alliance is your Alliance and this newsletter is to keep you informed and cover topics that interest you.

We would love your feedback for both the Newsletter and Website. Please keep forwarding your ideas for newsletter topics to the Administrator.

Our website update has taken a little longer than anticipated. You should see the first layout very soon. Please also continue to pass on your thoughts for layout and contents.

Thanks

Catherine Giannitto (nee Aquilina)
Newsletter & Website

Pilates Alliance Australasia Alliance Contact Details

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(P/F) 02-9969-3150
www.pilatesalliance.net
admin@pilatesalliance.net

Administrator, Public Officer:
Carolyn Antony

PAA COMMITTEE

Office Bearers

President	Sally Anderson
Vice President	Marda Willy
Treasurer	Gloria Scott
Secretary	Laura Mulherin

Ordinary Councillors

Website & Marketing:	Catherine Giannitto
Health Funds/Insurance:	Peter White
Continuing Education:	Lanette Gavran

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ABOUT PILATES WITH MOLLIE JOYCE - by Rachel Coady

Mollie Joyce owns The Pilates Centre Mosman in Sydney with Jakki Tobin.

Mollie was first introduced to Pilates when studying dance over 10 years ago in Adelaide.

"I found it very beneficial when rehabilitating from a back injury; it helped me to feel great and strong in myself".

Mollie completed a Bachelor of Arts in Dance and a Bachelor of Education in Dance and Physical Education in Adelaide whilst working as a dance teacher and fitness instructor. She began to incorporate the Pilates principles she was discovering, into her classes.

"I shifted away from the high impact aerobics the more I learnt about the benefits of this different mind/body exercise. I ended up being more passionate about Pilates education than teaching kids physical education. "

In 2000 Mollie was offered the opportunity to help run a Pilates studio in Adelaide. She researched Pilates courses with a view to training as a teacher and then coming back to run the studio in Adelaide. "I had the choice of Melissa Lang in Adelaide and several in Sydney. I came to Sydney and decided to stay."

Mollie completed the one year Graduate Certificate course at UTS in 2001 and has since gone on to complete many other courses. At that time she went to work at The Pilates Centre Mosman under Dell Maree Day. Two years later, Dell Maree decided to sell the studio and offered it to Mollie and Jakki.

Mollie took up the opportunity. "I always found it professionally challenging and rewarding working with Physiotherapists in Pilates, so I wanted in some way to be involved in a studio with a Physiotherapist". It was great having this partnership with Jakki evolve.

Was it hard taking over a business?

"It was very stressful to begin with. I was very naïve about business. We were very

fortunate though, to step into an established business. The clients already knew us and we were lucky to relocate to premises very near by. Also, I think having worked alongside Jakki for two years prior has had a huge bearing on our success."

We have come along way in the last three years, building our clientele and reputation, which includes being the only studio on the Northern beaches with GYROTONIC®. I really believe that we are at the forefront of Pilates and GYROTONIC® education. It's a big job owning a business, but very rewarding because you're constantly learning and striving to provide the best service."

What are your personal career goals?

"I want to consolidate all the Pilates learning I've done. I have recently become a mentor for the Polestar training program. In the future I will head down the teacher training path but I definitely want my business really well established before I embark on that."

What is your approach to the Pilates method?

"The work of Joseph Pilates is such an inspiration to me, I follow his idea that the body needs to move and be challenged. I think the art of teaching is your ability to relate to the client from day one; how you introduce these complex ideas of Pilates to them, pick up on their body types, try and identify how they will learn best."

"Obviously you need to adapt and change your teaching style to each client. I like to use imagery and focus on the client embodying their movements so that they can then translate it into their day to day activities. I don't see it as my job to entertain a client – what I strive for is to teach my clients to take control of their own bodies, in a supportive and motivating environment."

"My real love is educating people about their own bodies, about how they can improve their efficiency and functionwhether that's walking down to the shops, swim, being pain free....."



GAINING YOUR CEC's

The accrual of CEC points is an important process for any professional, particularly in an industry that is constantly developing and applying new research and ideas. CEC's are evidence of currency of your education and as such, provide the Alliance with a basis for maintaining currency of membership.

With 2007 about on our doorstep, it is important to plan ahead so that your opportunities for CEC's accrual are factored in. Evidence of having achieved your required CEC's (20 points over each 2 year period) will next be required at the time of membership renewal in March 2007.

Up until now the Pilates Alliance has provided a schedule of Continuing Education workshops each year, to provide valuable opportunities to our members for learning and skills development. The costs and requirements of presenting these workshops has meant that we have had to offer these opportunities in capital cities primarily. The PAA has also supported and affiliated with various Pilates Conferences that provide appropriate educational opportunities for our members.

Going forward into 2007 the PAA has revised it's approach to offering continuing education to the pilates community, a move that has taken much discussion between the main committee, but that we believe will be a much more productive and exciting approach.

From 2007 onward the PAA is putting in place an approach to support and promote the Continuing Education programs being delivered by our Registered Educational Bodies and Registered Studios.

The PAA will no longer schedule it's own continuing education workshops, which will avoid conflicting dates and presenters, and which will actively promote and encourage our Registered Members and Organisations with their educational schedules.

We see this as a strengthening and consolidating of education and networking for our industry, and a more productive and efficient way in which the PAA may engage it's members in high level learning and skills acquisition. We will liaise directly with those organizations that offer these opportunities and the PAA will assess the workshops for specific CEC's allocation. The PAA will then undertake advertising and promotion on behalf of these organizations. This new approach also gives the opportunity for Studios to offer CEC's by delivering appropriate staff training and workshops on site.

Two other important steps forward for education to our members include:

- **The PAA are proud to have taken over the Mind Your Body conference and will deliver this Pilates Industry educational conference annually.**
- **The PAA are engaging their Registered Training Organisations to make remote and regional learning activities available for CEC's accrual.**

The next Mind Your Body conference will take place over 26-28 July 2007 at NIDA in Sydney. The theme will be **"Reaching Performance Potential"** – focusing on training and developing elite level athletes and performers. We will be bringing in some international presenters as well as national presenters, and we are aiming for a truly unique and wonderful conference at a wonderful venue.

Remote and regional tasks for CEC's accrual will be available to those who are not able to easily access face-to-face learning opportunities, and these CEC's Tasks will be administered by Registered Training Organisations (government registered) who are also members of the PAA. There will be a maximum number of CEC's that can be accrued in this manner, and **we will publish more details in our next newsletter – early in 2007.**

Let's finish up by reviewing the CEC's requirements of a professional pilates teacher:

- Each full member must accumulate 20 CEC points in 2 years with no more than 15 points accumulated in any 1 year period
- CEC's can be accrued through:-
 - attendance at a workshops (face-to-face contact) that are specific pilates related workshops or related to the art of teaching pilates
 - Self-directed study and distance tasks are applicable upon approval of circumstances by the PAA prior to undertaking the self study or task
 - Presentation of contact or non-contact programs
 - publishing research journal/magazine subscriptions
 - attendance of allied health workshops or presentations that enhance your abilities as a Pilates Instructor

For any enquiries or questions relating to CEC allocation or accumulation please contact the Pilates Alliance on (02) 9969 3150.

We also take this opportunity to invite any of our Registered Educational Organisations, Studios or Principal Trainer Members to submit their Continuing Education programs/workshops to be assessed for allocation of CEC's. A nominal cost will apply for the processing. Details of the costs and benefits of assessed programs will be available from the PAA upon application.



This is the last newsletter of the year, we shall be back in 2007. Pilates Alliance Australasia, the committee and myself, your Administrator, want to wish you, our PAA members, a well deserved break over the Christmas holidays. Have a fabulous Christmas and New Year.



To place an advertisement, please contact the Administrator at admin@pilatesalliance.net

POSITIONS VACANT



EXPERIENCED PILATES/PHYSIOTHERAPY POSITION

in busy modern Physiotherapy Practice

Lower North Shore.

P/Time to commence in New Year (with view to F/Time).
Excellent position for motivated and enthusiastic individual
to work with experienced Pilates Practitioners and Sports
Physiotherapists.

Regular in-services and continuing education incentives.

A practice with commitment to excellence.

Fax /email CV to (02) 9967 2745 /
northsidephysio@ozemail.com.au.

Phone (02) 9958 8986

FOR SALE—A new CD Rom Repertoire Manual

Animated Repertoire CD Manual

The Pilates CD Manual has been created as a tool to assist
Pilates Teacher Trainers.



The Pilates CD can be purchased as a fully comprehensive
cd, or per equipment. Each Pilates CD includes basic,
intermediate and advanced repertoire.

Every exercise is animated in colour, and can be paused at
any point in the animation to see the position. Each
exercise has an explanation: starting position, movement
pattern, breathing pattern, muscle focus and do's and
don'ts

Special opening offer till end January 2007

Purchase online: www.pilatescentre.co.za

STUDIO FOR RENT

STUDIO SPACE FOR RENT CANBERRA

Fully equipped Pilates Studio available for rent;
hourly and daily rate. Suitable for mat classes,
semi-private sessions or workshops.

The studio has reformer, wall unit, combo chair,
and other apparatus. Also equipped for yoga classes.

Ideal for instructors to train their own clients and
teach their own classes.

Must have current registration and insurance.

Ainslie Pilates & Yoga Centre.

0419 420 311. ylazette@aol.com

EQUIPMENT FOR SALE

BALANCED BODY MAT (WALL UNIT MAT)

FOR SALE DUE TO RECENT EQUIPMENT UPGRADE & LACK OF ROOM

**NEW \$900.00. ONLY 4 MONTHS OLD
AND WILL SELL FOR
\$400.00.**

PLEASE EMAIL izdrew@bigpond.net.au

Located in Mosman, NSW

OR TELEPHONE 0411 702666

TWO OVERSEAS POSITIONS VACANT

To place an advertisement, please contact the Administrator at admin@pilatesalliance.net



SEEKING PILATES PROFESSIONALS IN TWO OF OUR PREMIUM DESTINATION RESORTS

COMO Shambhala Estate at Begawan Giri

A Premium residential Health Retreat, Ubud, Bali.

- **Rehab instructor required qualified in mat and reformer pilates (studio experience a bonus)**
- **Knowledge of Hydro therapy and aqua fitness experience also required**

Please send application letter, resume and a passport sized photo to:

I Nyoman Sudana, HR Department,

COMO Shambhala Estate-BG, PO Box 54, Ubud, Bali.

Email: nyoman.sudana@cse.comoshambhala.bz

www.cse.comoshambhala.bz

www.comoshambhala.bz

COMO Shambhala Retreat, Parrot Cay

**A luxurious destination Resort situated on a private island,
Turks and Caicos, British West Indies.**

- **Qualified mat and reformer instructor required (studio experience a bonus)**
- **Knowledge of fitness and outdoor activities a bonus**

Please send application letter, resume and a passport sized photo to:

Shantell Missick, HR Department

COMO Shambhala Retreat, Parrot Cay, PO BOX 164, Providenciales, Turks and Caicos, British West Indies

Email: shantell.missick@parrotcay.como.bz

www.parrotcay.como.bz

www.comoshambhala.bz

ADVERTISEMENT

To place an advertisement, please contact the Administrator at admin@pilatesalliance.net

Further your Pilates Education with Polestar Pilates Australia

Polestar Pilates takes pride in being able to offer on-going education.

Whether you are just starting to learn about Pilates, or are an experienced teacher, we have a workshop or course for you!

Critical Reasoning Series

Polestar Pilates Australia is proud to bring you for the first time, the Critical Reasoning series of workshops to be held in Sydney throughout 2007. All four workshops will be conducted by Master Educators from the USA and UK, including Alastair Greetham from UK, Dav Cohen and Brent Anderson CEO) from USA.

The Critical Reasoning Workshop series is designed to help teachers learn and apply necessary intake, assessment and reasoning skills to maximise outcome and increase professionalism in practice. Go to our website to download a brochure with full course descriptions, pre-requisites, dates, location and pricing. Registration will be limited to 40 attendees, register early so as not to miss out. www.polestarpilates.com.au/cont-edc.php

Certificate IV in Pilates Instruction Bridging Program

Polestar Pilates Australia, in arrangement with Pilates International (PilatesITC) is now offering all Polestar Pilates graduates the opportunity to bridge to the **Certificate IV in Pilates Instruction (91121 NSW)**. Polestar Australia is able to offer our existing graduates the once only opportunity to turn your existing Polestar training into a formal, government recognised qualification. For full information and registration go to our website page: www.polestarpilates.com.au/certIV.php

First International Polestar Conference in Australia – October 2007

Polestar Pilates Australia is very excited to be holding our first International Conference for Australia & New Zealand in Sydney. It will be held 19-21 October 2007, so mark your diaries now!!!. Full details and registrations will be available around June 2007, so check the website for more information.



... impacting the world through intelligent movement

2007 full schedule of Polestar Certifications and Continuing Education workshops and master classes can be found on our website. *[Discount for Alliance members apply on most courses]*

**For more information contact Polestar Pilates Australia on (02) 9977 1536
www.polestarpilates.com.au info@polestarpilates.com.au**