



## Pilates Alliance Australasia NEWSLETTER

### Presidents Report to Members

**Welcome to our first 2008 newsletter, filled with plenty of interesting news and views.**

The Pilates Alliance main committee are charged up and ready to devote their energy and combined resources to achieving as much progression for the industry as we can possibly manage over this year.

If you would like to offer time, suggestions or donations to the Alliance so that we may continue to achieve benefits for our profession, please don't hesitate to contact us. Meanwhile, we will keep you informed of the work we do and the outcomes we reap.

May 2008 bring you all good blessings.

Sally Anderson and Marda Willey

#### **WHAT IS THE PURPOSE OF THE PAA?**

The Pilates Alliance Australasia (PAA) is a **not-for-profit** membership body for the pilates industry. The aim of which is to establish measurable standards for the Pilates industry, the benefits for Pilates professionals and the general public alike.

We **do not run our own training courses** or profit from those we recognise but we do register educational courses that meet the minimum standards as set down by the national and international Pilates industry. The PAA is an open approach membership body, meaning that it **recognises many and varied approaches** to the Pilates method. See [www.pilatesalliance.net](http://www.pilatesalliance.net) <<http://www.pilatesalliance.net>> for a current listing of certification training courses that are recognised by the PAA.

The PAA also supports, promotes and welcomes all continuing education courses that are relevant to continued learning and teaching of the Pilates method. All recognised **continuing education has been put through a process of assessment. Rather than the PAA** implement it's own continuing education schedule we have allowed for a greater variety. Inside this newsletter you will find current details of national professional education opportunities for 2008.

**We understand that many pilates teachers have spent much time and money on training** and that you may wonder how your training fits within the recognition framework of the PAA or the industry. We would be happy to advise you at any time, if you would like to submit your training and experience details. Our job is to offer you advice on the most comprehensive training for your goals, and to offer you ways to "fill in" your training gaps if there are any. Everyone has different learning journeys and, in line with vocational education guidelines for learning, we recognise each persons relevant education and experience.



"Everyone is the architect of their own happiness", Joseph H Pilates



**NEW MEMBERS**

**Kirsten Jorgensen**  
South Yarra, VIC

**Malcolm Boulter**  
Melbourne, VIC

**Sylvia Bastianon**  
Tweed Heads, NSW

**Tonia Truda**  
Moonee Ponds, VIC

**PILATES CERTIFICATE IV NOW AVAILABLE AT TAFE COLLEGES**

**CERTIFICATE IV IN PILATES INSTRUCTION @ TAFE**

Great news: The Certificate IV in Pilates Instruction (91121NSW) course, developed and accredited by Pilates International, will now be delivered by Australian TAFE Colleges.

From early 2008 this course will commence delivery through Randwick College for TAFE NSW, and the Chisholm Institute of TAFE in Victoria.

Chisholm Institute have commenced their first delivery in February, and Randwick are scheduled to start up in April.

**IMPORTANT TO ALL PAA, MEMBERSHIP RENEWALS ARE NOW DUE**

Don't delay the 1st March 2008 is membership renewal, so remember to complete the 2008 re-registration form obtainable from PAA website <http://www.pilatesalliance.net/download.html> and send it in with your documentation and fee. Those of you who are full members and are required to produce your cec's with this renewal have been advised by email, if you produced cec's last year you will not have to show them this year.

FOR SALE

**Gripperz**

**Cushioned  
non-slip  
Pilates socks**

(available in black or white)

Wholesale prices from only  
**\$5.45 per pair + GST**



tel: 03 9432 1871  
[musthavefitness.com.au](http://musthavefitness.com.au)  
[sales@musthavefitness.com.au](mailto:sales@musthavefitness.com.au)

The Main Committee will process the next new memberships and upgrades on the 18th April 2008.

Full members are also listed on the PAA website.  
[www.pilatesalliance.net](http://www.pilatesalliance.net)

If you have a friend or colleague not yet a PAA member, let them know about the PAA and we would welcome their application.

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BODY NEEDS.**

## ADVERTISEMENT



### **Pilates On Tour Australasia**

#### **Bringing Pilates To You!**

Balanced Body and HF Industries presents Pilates on Tour Australasia, an unforgettable education experience. Small classes, excellent instructors and plenty of equipment give you the opportunity to really absorb what you learn.

We will bring to you the leaders in the field of pilates, to inspire you, to give you direction, to deepen your understanding and to offer you new insights.

Whether you are working in a studio, health and fitness centre, rehabilitation setting or consultancy, Pilates On Tour will offer you a myriad of opportunities to learn.

In May 2008 we launch Pilates On Tour in Perth, followed by seven more stops around the country over the year.

Treat yourself to the warmest, friendliest Pilates conferences in the country and enjoy a weekend of inspiration, networking and education. We look forward to seeing you there.

Pilates On Tour launch event will take place in Perth on 23<sup>rd</sup> and 24<sup>th</sup> May 2008, at the Burswood Convention Centre. More details and this years full schedule will be announced shortly.

#### **Pilates On Tour Australasia 2008:**

##### **Embracing our History, Celebrating Our Diversity**

In order to move forward we must embrace our foundations. Joseph Pilates' method is one of pure genius and at Pilates On Tour Australasia we celebrate the legacy that is the work of Joseph and Clara Pilates authentic work. In embracing the work he created we also respect the need to be flexible and evolve the work when required.

The Pilates community today includes teachers who work with people of all kinds from rehabilitation patients to professional athletes and dancers. We work in studios, clinics, health clubs, colleges and recreation centers in communities both large and small. Our practice includes private training sessions, small and large group classes and teaching our fellow instructors. Pilates on Tour Australasia embraces the diversity of our practice and strives to provide the education you need to become the best teacher possible.

Starting in 2008 Pilates On Tour will bring to you the leading Pilates experts from around Australia and abroad, embracing the application of Pilates in:

Classical Pilates Repertoire and Application

Evolved Pilates Repertoire and Application

Specific conditions

Special populations

The Business of Pilates

Findings of Research on the Pilates Method

## POSITIONS VACANT

### Pilates Instructor Required Kelvin Grove, Queensland



BTC has a great opportunity for a passionate and experienced Pilates Instructor.

Our specially designed Pilates studio is one of kind, having a specially matted floor which is ideal for Pilates exercises.

We are looking for an Instructor to teach up to four mat classes each week to an established client base.

Clients include a full range of experience levels from beginner to advanced.

BTC offers clients and staff a fun, friendly and social atmosphere to work and exercise in.

This position is available for an immediate start, so contact us today. Ph 1300 303 583 or email [awilson@btclife.com](mailto:awilson@btclife.com)

345 Kelvin Grove Road, Kelvin Grove, Qld 4059

## PAA COMMITTEE

### Office Bearers

President	Sally Anderson
Vice President	Marda Willey
Treasurer	Stephen Jones
Secretary	Laura Mulherin

### Ordinary Councillors

Website & Marketing:	Catherine Giannitto
Continuing Education:	Lanette Gavran

Thank you for all your good wishes during my recent long spell in hospital with two badly dislocated shoulders and a fracture on the humerus (ill named I thought). It was a challenge with two slings fixed together but the administration office continued with a slight relay response delay on uploading of emails, however my apologies that the paperwork had to be held back. All outstanding items will now be dealt with promptly.

Carolyn Antony—Administrator

## POSITIONS VACANT



*Delivering Pilates and Yoga  
to Melbourne since 1995*

### QUALIFIED PILATES INSTRUCTORS—MELBOURNE CBD

#### Are you interested in working for one of Melbourne's largest Pilates and Yoga Studios?

Matrix Pilates and Yoga, a fully equipped CBD studio, require Pilates instructors for varied hours for ongoing training sessions for our clients.

**Pilates instructors will be required to teach group reformer, instruct mat work classes, and conduct private and semi-private studio sessions.**

If you have the required qualifications and are interested in joining this popular and busy inner city studio, then please forward your resume to *Matrix Pilates and Yoga, C/O Max Flore* at [administration@matrixpilates.com.au](mailto:administration@matrixpilates.com.au) or call 03 9663 0047.



## POSITIONS VACANT

### LOCUM POSITION VACANT – PILATES INSTRUCTOR



pilates · physiotherapy

A position has become available for a part-time Pilates instructor at our Paddington, QLD based studio. This would cover the duration of May and half of June while a staff member is on leave, with the possibility of further work after this period. Hours of work would be two one hour midday classes, held at a CBD address, for one of our corporate clients and some evening classes at our studio.

If you have a cheerful personality, a good knowledge of instructing small group classes and love working as part of a team, then send your CV to Sarah, at [admin@pulsephysio.com.au](mailto:admin@pulsephysio.com.au) or contact 07 3876 3747.

191a Given Terrace. Paddington Q 4064

[www.pulsephysio.com.au](http://www.pulsephysio.com.au)

## POSITIONS VACANT

# PILATES POWER

Australia

### STUDIO INSTRUCTOR

Pilates Power Australia is a dedicated studio with premises in Cronulla and Gymea, close to public transport. We offer Matwork and Studio sessions  
Monday - Saturday.

We currently have an opening for a Studio instructor for 1-3 shifts per week, hours negotiable.

You must be personable, enthusiastic and reliable.

Please contact Carmel on 0400 267 618.

## POSITIONS VACANT

### PILATES TRAINER WANTED!

**Pilates Body Dynamics Ltd** in Taupo, New Zealand, is thriving, so once again we are looking for a Qualified Trainer to join our team.

Could this be you? 😊

This is an awesome opportunity for a Trainer qualified in Apparatus and Mat Pilates, or a Trainer with significant teaching experience in both Mat and Apparatus Pilates. The position will be full-time and will be a mix of One-on-Ones, Small Group and Mat classes. (Part-time will be considered.)

As part of our team you will enjoy working along side three vastly experienced Physiotherapists, an accomplished Dancer and a Massage Therapist and be absorbed in a dynamic learning environment promoting expansion of your knowledge and skills at every opportunity. Training sessions for our Trainers are conducted 3x/month as well as a connection with each other on a daily basis to discuss clients, exercises and ideas as needed.

The lucky Trainer will also have the pleasure of working in our beautiful fully equipped studio nestled in the heart of Taupo's CBD - the perfect setting and location to serve the needs of Taupo's sports-minded and health conscious population. From the Elite to the Recreational sportsperson, from Fitness clients to Rehabilitation our clients are focused and energised and are a joy to work with. A major plus!

Another added bonus is the location of Taupo. Taupo boasts an unbeatable lifestyle whether you are into indoor or outdoor activities. There are unlimited opportunities for getting involved with a huge range of sports and activities through which it is easy to meet like-minded people.

Call us to find out more about this fantastic opportunity. Incredible studio, fantastic clients, busy diary, continued education, constant support AND,  
an unbeatable lifestyle in Taupo.

Call us now!

Tam or Jonty on Mobile 021 566 894 or 07 376 5337(h).

Or you can email [pilates.taupo@xtra.co.nz](mailto:pilates.taupo@xtra.co.nz)

**Go On! Change Your Stars!**

## ADVERTISEMENT

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

# Polestar Pilates Workshops 2008

Welcome to an exciting year of workshops and continuing education with Polestar Pilates.

**Pilates for Children** is an innovative and fun workout aimed at primary school aged children. Learn how to communicate the Pilates method to children in a manner that will have the kids hooked on Pilates and movement. This is a two hour taster of a one day course that comes with a manual. Have fun going back to your childhood.

**Where:** Pilates and Healing, 19 Dornoch Tce, Highgate Hill QLD. Ph: 07 3846 0800

**Date:** Friday 4th April 2008

**Time:** 4pm-6pm

**Cost:** \$60 - Pilates Alliance members \$55

*Book early as there is a maximum intake of 16.*

**DISCOUNTS FOR  
PILATES ALLIANCE**



### Advanced Spine

Advanced Spine provides an in-depth approach to Pilates evolved interventions for acute to chronic discogenic patterns, stenosis, spondylolisthesis, pre-and post-surgical conditions, scoliosis, facet dysfunctions, degenerative disc disease, sacroiliac and pelvic girdle dysfunction. This course will be offered in 2008 in the following cities and dates.

VIC - Melbourne - 19-20 July 2008

WA - Perth - 7-8 June 2008

SA - Adelaide - 22-23 November 2008

**Advanced Assessments Skills** (previously know as Critical Reasoning)

The Advanced Assessment Skills series helps movement teachers learn and apply necessary intake, assessment and reasoning skills to maximize outcome and increase professionalism in practice. This course is split into two, three-day workshops and must be taken in order.

### Part I (3 days)

- Intake & Interviewing skills
- Advanced Assessment of the Head, Neck, Spine and Pelvis

### Part II (3 days)

- Advanced Assessment of the Lower and Upper Extremities
- Qualitative Movement Analysis

**NSW** - Sydney - Part I (13-15 June) & Part 2 (18-20 July)

**VIC** - Melbourne - Part II (26-28 Sept) & Part 2 (24-26 Oct)

### Others

We are also in the process of confirming dates in November for Sherri Betz from USA to run her Osteoporosis 2-day course and Comprehensive Repertoire 2-day course.

### NEW - Transition Program

Are you certified by another school? Our transition program allows you to get the whole Polestar experience for a discounted price.

**BLOCK DATE:** Sydney 2nd-10th August 2008



For full details and schedule go to:  
**REGISTER ONLINE NOW:** [www.polestarpilates.com.au/workshops.php](http://www.polestarpilates.com.au/workshops.php)

For more information contact Polestar Pilates Australia on (02) 9977 1536  
[www.polestarpilates.com.au](http://www.polestarpilates.com.au) [info@polestarpilates.com.au](mailto:info@polestarpilates.com.au)

We leave you with these important words from an important and wise man.  
Please feel free to print this page and put it up in your studio for client viewing.

## The Basic Fundamentals of a Natural Physical Education

### CIVILIZATION IMPAIRS PHYSICAL FITNESS

Physical fitness is the first requisite of happiness. Our interpretation of physical fitness is the attainment and maintenance of a uniformly developed body with a sound mind fully capable of naturally, easily, and satisfactorily performing our many and varied daily tasks with spontaneous zest and pleasure. To achieve the highest accomplishments within the scope of our capabilities in all walks of life we must constantly strive to acquire strong, healthy bodies and develop our minds to the limit of our ability. This very rapidly progressing world with its ever-increasing faster tempo of living demands that we be physically fit and alert in order that we may succeed in the unceasing race with keen competition which rewards the “go-getter” but by-passes the “no-getter”.

Physical fitness can neither be acquired by wishful thinking nor by outright purchase. However, it can be gained through performing the daily exercises conceived for this purpose by the founder of Contrology whose unique methods accomplish this desirable result by successfully counteracting the harmful inherent conditions associated with modern civilization.

In the Stone Age and onward man lived mostly outdoors with practically little shelter from the elements. He has not yet lived long enough indoors with protection against the elements to be able to successfully withstand the daily strains and stresses imposed upon him by our present mode of “fast” living. This explains why both you and I and all the rest of us are compelled in our own interest to give constant thought to the improvement of our bodies and to spend more time in acquiring and maintaining that all-important goal of physical fitness.

**By Joseph H. Pilates and William John Miller**

**Return to Life Through Contrology, 1945**

#### ADVERTISING RATES FOR NEWSLETTER

Advertising Rates	Members	Non Members
Full Page	\$80	\$105
Half Page	\$50	\$75
Quarter Page	\$40	\$50
Page Email attachment	\$80	\$105

Deadline to get copy in is:-

**May 23rd for June 2008**

**August 22nd for September 2008**

**November 21st for December 2008**



PLEASE DO NOT FORGET TO RENEW YOUR PAA MEMBERSHIP  
DUE NOW.....