

Newsletter 7



Hi Everyone

As the term and year come to an end, I'd like to thank you for your patronage and commitment to Pilates. Teaching you, gives me the opportunity to deepen my understanding of the mind/body connection, bringing inspiration to my own practice.

I am grateful for the wonderful opportunities I have had this year to take classes with Lesley Power at Movements Afoot in New York, and with Tania Huddart of Hearts and Bones in Wellington, both inspirational teachers with a wealth of knowledge.

I will be attending a workshop in January with Wendy LeBlanc-Arbuckle of the Pilates Centre of Austin, Texas who is a renowned Pilates teacher and one of Americas top trainers. Wendy is visiting NZ on holiday and has kindly agreed to teach a workshop in Wellington.

Reformer/Tower private sessions are up and running after the purchase of my beautiful machine, and I am "back in the saddle" enjoying working with students and the added dimensions the Reformer brings to Pilates exercise. Please let me know if you would like to give it a try at the special introductory session rate of \$40, or check out the Christmas gift card offers at the end of the newsletter.

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"

Joseph Pilates

In other words, Pilates is the original functional exercise program.

2012 Dates and Fees

- Classes resume on Tues 31st January 2012, following Nelson Anniversary weekend.
- The Timetable remains the same, subject to enrolments.
- Please let me know if you would like me to hold your enrolment for next year, so I know how many places I have available for new students.

Prices for Term 1 vary due to 3 public holidays, therefore;

- Mon classes 8wk term 13th Feb-2nd Apr \$80
- Tues/Wed classes 10wk term 31st Jan-3rd Apr \$100
- Fri classes 9wk term 3rd Feb-30th Mar \$90



Are you looking for a new Challenge?

How about trying Pilates on the Swissball!

12.05-12.55pm on Wednesdays

Challenge your balance and co-ordination skills in this fun class.

Reformer – intro session only \$40/hr

Take advantage of this special offer and see what the Reformer can do for you, book now to take advantage of this special rate.



Christmas Offers
Great idea Christmas gifts

GIFT CARDS- Can be applied to any of our services
\$25
\$50
\$100
(or a card for any amount requested)

If you have been wanting to get your loved ones into shape, this offer is especially for new students

***Intro to Pilates Package \$100**
2x Private Pilates sessions
1x Reformer session
(total value \$140)

contact me now to be in time for Christmas 😊

**Happy Christmas everyone, and all the very best for the coming new year,
I look forward to seeing you all again soon,
Kate**

