

# Issue Two

January 2006

**Welcome** to the New Years' Edition of the Balance & Control Pilates Studio Newsletter. We trust you had a joyous festive season and wish you all the best for a safe and fulfilling 2006.

What better way to kick off the New Year than to get back into your regular Pilates routine. We re-open after the break on Monday 16<sup>th</sup> January, so call the studio to make sure you secure your regular time slot for January.

## **NEW ADDITIONS**

As we develop our health and well-being services, you will have seen a few new faces around BCPS towards the end of 2005. There's guaranteed to be never a dull moment as we've done our best to maintain a good mix of international flavour.....

In 2006 Kim Sargent-Wishart is offering sessions of Integrative Bodywork. Her skills and experience as a Body-Mind-Centring Practitioner and Massage Therapist allows the session to be guided by the wisdom of your body, often restoring and calming you to a new level. Contact the studio for more information, or email [kim@balancecontrolpilates.com](mailto:kim@balancecontrolpilates.com).

Claire McGlinchey will continue teaching Thursday night mat classes in 2006. Don't miss Thursdays for a blend of Pilates and Capoeira!

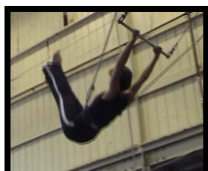
Tessa Kitchener is a very experienced English-trained Physiotherapist with a special interest in dry needling and women's health, in particular pre- and post-natal treatments. Tessa worked with Megan in the UK before relocating here with her husband in 2005.

Stephanie Glickman joins the team in 2006 to teach the Tuesday night mat classes. Stephanie also teaches in St. Kilda and is a dance critic for the Herald Sun newspaper.

Our wonderful office manager Lori Steffler has had to leave us to return to Canada, but if you love maple syrup, you'll love Jess Schaink who will handle all of our admin requirements in 2006.

## **BCPS STAFF XMAS PARTY – FLYING TRAPEZE CLASS**

The staff enjoyed the end-of-year break-up with a trip to CIRCUS OZ school of Flying Trapeze, followed by dinner. Rigger extraordinaire Daryl Johns who tours with CIRCUS OZ, provided the low-down on what is required for the perfect swing, twist, planché and inversion as we all enjoyed



the exhilaration of leaping from a 4mtr-high platform and swinging through the air. Some were reluctant to jump – others reluctant to let go – but a fun night was had by all!

## **PHYSIOTHERAPY REFERRALS & CORPORATE SERVICES**

As we develop our Physiotherapy Referral network, we would like to extend the invitation for your company or workplace to meet with us to see how we could best fill the postural needs of your team of staff at work.

The BCPS "**Back in Work**" Seminar is a three 1hr. interactive mini-workshop series conducted onsite in your office. These seminars include key points to correct sitting postures, and teaching exercises at the workstation to reduce neck and shoulder tension.

We also offer **Onsite Pilates Class at Lunchtime for up to 10 people**. We supply mats and some small equipment to turn your board room into a mini Pilates Studio!

As a result of our growing Physiotherapy Services, Megan's Pilates hours will be adjusted in 2006. Megan will be available for Pilates on Monday morning, Tuesday afternoon/evening, and Thursday afternoon/evening; and for Physiotherapy treatments on Monday afternoon/evening, and all day Wednesday. Please be sure to book in early in this adjusted schedule to ensure your class times.

## **REAL-TIME ULTRASOUND IMAGING**

A growing number of clients are seeing the benefits of this new Physiotherapy technology. The machine enables us to view a precise picture of the deep stability muscles of the trunk to accurately assess their health and function, and this allows even more specificity with our tailored Physiotherapy rehabilitation programs.

## **INTERNATIONALITY**

In working towards offering the highest standard of Pilates teaching in Melbourne, Megan and Bruce will again spend some time abroad in 2006 with education and lecturing commitments.

Megan will lecture in Brazil in January, April and September after two very successful visits last year. Please note Megan will only be available for Physiotherapy treatments and Pilates sessions after 15<sup>th</sup> Feb 2006. Tessa will take Megan's appointments on Tuesdays and Thursdays only, during this time.

Bruce will travel to Switzerland in March and August to further his Franklin Method education. He presented this work at the 'Mind Your Body' National Pilates Conference in November last year, and will present at the National 'FILEX' Fitness Network Conference in Sydney in April.

## **QUOTE OF THE MONTH**

*I had a dream about Pilates the other night. I was showing off my stomach muscles because they were really toned..... and I was telling everyone "Look at this – I do Pilates!"(Thanks Bek!)*



balance  
& control  
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### **THE ART OF RUNNING**

In November BCPS hosted the Art of Running workshops with Malcolm Balk from Montreal, Canada. Malcolm appeared on four radio stations, taking calls from listeners and promoting the workshops. The workshops were very well received and generated a lot of positive feedback from the participants. Thank you to everyone who supported these workshops, as it gives us a great foundation to develop our international network in the coming years.



### **MBTs**

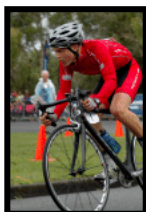
We will no longer stock the MBTs from 2006, but we still offer instructional sessions on how best to use this revolutionary footwear. These classes will be held at pre-scheduled times only. Call the studio for further details.

### **MYOTHERAPY**

Julie Ainsworth joins the Myo team at BCPS in 2006. Together with Sam they are offering 10% off your first treatment for 2006 – valid until March 31. Liz Astling is also available after returning from touring with the Australian Ballet in November, and she will be working at the Australian Open in January. Myo is a recognized service by many health funds – ask the Myo team when you book your treatment. Contact Julie on 0409 318461, or Sam on 0421 81552.

### **VISIT OUR FRIENDS**

We are extremely proud to support the Porsche Drapac Cycling Team. Courtesy of the passion and vision of Michael Drapac the team has been set up to be the benchmark of young elite athlete training programs in Australia ([www.drapaccycling.com](http://www.drapaccycling.com)).



Don't forget to visit Lululemon Athletica in Prahran for all your athletic wear ([www.lululemon.com](http://www.lululemon.com)), visit WHITEMOSS Florists in Flinders Lane, City for a creative floral edge ([www.whitemoss.com.au](http://www.whitemoss.com.au)), and for a great coffee, breakfast, and lunch visit Fooed Café in Bridge Road Richmond ([www.fooed.com.au](http://www.fooed.com.au)).

### **30.....LOVE!**

Keep an eye out for our advert in The Age on Sunday 15<sup>th</sup> January in the Special Australian Open Tennis Player Autograph Lift-out.

### **JULIU HORVATH® METHOD**

Annalisa Birdsall has been teaching on the 'strange new tower machine' in the studio and will continue in 2006. **JULIU HORVATH® METHOD** is a system based on movement principles from yoga, dance, gymnastics, swimming and tai-chi and is an ideal complement to your existing Pilates program. Now is the time to give it a try because until the end of February you can get your first 1:1 session for just \$45! Gyrokinesis classes, the mat-based equivalent, will begin in February. To enquire or book call Annalisa on 0413 108 890 or email [annalisa@balancecontrolpilates.com](mailto:annalisa@balancecontrolpilates.com).



### **NEW LOOK WEBSITE**

Our website keeps up it's constant state of flux – Check out [www.balancecontrolpilates.com](http://www.balancecontrolpilates.com) for all the latest information and news from BCPS.

### **FEEDBACK**

We always welcome feedback as to how we could serve you better, so please feel free to drop us a line to let us know how we're doing. We value our ongoing relationship.

### **CANCELLATION REMINDER**

Please remember that appointment times are precious, especially during peak times! If you need to cancel or reschedule, please give 24 hours notice to enable us to offer your booking to another keen body! You will be charged the full rate for cancellations made with less than 24 hours notice.

### **NEWSLETTER BY EMAIL**

We would like to save trees by sending this newsletter electronically, but we do respect your privacy. Please be sure to give us your address next time you are in the studio, or email us at [info@balancecontrolpilates.com](mailto:info@balancecontrolpilates.com).



### **NEW YEARS' SPECIAL OFFER – REFER-A-FRIEND**

When you introduce a friend to the studio and they purchase ten sessions, they will become your best friend as they will earn you two free studio classes as well. Conditions apply.

# 2006

***Until next time – look after yourselves and your bodies!***

**“In 30 sessions you'll have a whole new body”**  
- Joseph Pilates

**Love**  
your new body

balance & control  
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