

Issue Five

June 2007

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THIRD BIRTHDAY MILESTONE FOR BCPS

Happy Birthday to us! It has certainly been an interesting and thoroughly enjoyable experience and we would like to thank everyone who has contributed to making BCPS a flying success over the last three years. From our humble beginning to our growing team of 8 staff and all our lovely clients, it's a real pleasure working with you all.

CONGRATULATIONS KIM, LLEWELLYN & JARRAH!

Wonderful news for Kim, Llewellyn and little Jarrah – the proud new family to Rico Tashi Lawrence Wishart, born Wednesday 23rd May! Kim suspected the birth would come a little early – in fact it was just two weeks after she finished work! If you would like to pass on your best wishes, just email us here at the studio and we're more than happy to pass messages on to Kim and her family.

EXPERT MAT CLASS



We are beginning a fortnightly EXPERT CLASSICAL PILATES MAT CLASS on Fridays at 3pm beginning July 6th. The class will be open to both instructors and experienced clients wanting to explore the diversity of

the Pilates repertoire, and is guaranteed to challenge! The first session will be taught by Bruce. Speak with your instructor to see if you are able to participate, as this is not a class for the faint-hearted.

NEW STAFF

As we continue to provide the best possible service to our valued clients, the quality team at BCPS continues to grow. We have just appointed **Naomi Gibbs** as our new Practice Manager. Naomi will take over from Karen on the front desk and will also be involved in the day-to-day running of the business to give Megan and Bruce more freedom to continue to build the awareness of the unique services that we offer.

We would like to take this opportunity to thank Karen for all her hard work – she will be missed around the studio, especially for her fabulous baking, for those of you lucky enough to sample her culinary delights!

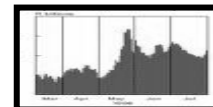
Naomi is an experienced Physiotherapist and Pilates teacher, and will teach a Tuesday evening and Wednesday morning

shift, so be sure to introduce yourself next time you are in the studio.

We also welcome Physiotherapist **Brent Davies** to the team. Brent has a masters in Sports and Manipulative Physiotherapy and is also a Tai Chi instructor, bringing a wealth of clinical knowledge to the studio. Brent will begin teaching on Monday and Wednesday evenings.

PRICE CHANGES

After 3 years without a price increase, unfortunately it is time to put our prices up. This will take effect from July 1st. For the full price increase information visit our website or take a copy of the new price schedule when you are next in the studio.



We would like to reward our current clients with the opportunity to buy classes in advance at the current prices. This offer is open until the 30th of June, after which time all prices will be increased. We trust you understand the necessity for this increase, and value your ongoing custom, as we bring our rates in line with industry standards.

LOCAL NEWS

We want to continue developing our relationship with the local community by our involvement and support of charity and social events. We like to do our part by offering space on our monthly newsletter for you to **advertise a community based event** that you would like your fellow Pilates enthusiasts to support. Simply email the studio to have your event included in the next newsletter.

MYOTHERAPY

Under ELITE, Liz Astling is providing the very best in Myotherapy, and is available for treatments on Mondays, Fridays and Saturdays, with Wednesdays available soon.

specialists in the treatment of
elite myotherapy
muscular aches and pains
postural correction back pain
headaches shoulder pain
reduced flexibility
9826 2006 Appointments Monday to Saturday

Visit www.elitemyotherapy.com.au for an easy-to-use online booking system, 24-hours a day for a booking or call **03 9826 2006**.

WEBSITE

We are currently in the process of updating our website. Feedback from you – our valued clients is always appreciated. Please come and chat with Naomi at the front desk about ideas or comments on the current look of the website.

QUOTE OF THE MONTH:

*"PILATES – its amazing... it actually works!"
(Jo, long time runner - now uses Pilates on her runs of the Tan)*

YOUR PILATES STORY

Each month we would like you, our valued clients, to tell us your Pilates story. Share with us your special story about what Pilates means to you, how you found Pilates, or how it has changed your life. **Email the studio your story to be included in the next edition.**

new...

NAOMI'S STORY

To get the ball rolling, we have asked our newest staff member – Practice Manager, and new face at the front desk Naomi Gibbs to relate her Pilates story.

"I believe life is what you make of it – and the first month of my life as a university student studying Physiotherapy certainly tested this theory!

As a result of my high-level state tennis and athletics competition the wear and tear on my body culminated in requiring two knee reconstructions, which took four years of rehabilitation and a whole host of life challenges. As I look back now, what I thought was the worst time in my life turned out to be the beginning of a new chapter as I was introduced by my boss to develop a part of his business called **'Pilates'**. I had no idea what it was but something told me it would be a good opportunity.

Save the trees – send us your email address to receive future newsletters

As I became more versed with Pilates it became my addiction – especially when I was able to **touch my toes for the first time** in my life, walk up and down stairs free of pain and see a way back to being active again!

The greatest thing I learnt was about my body's potential and the possibilities of moving with ease when maintaining correct alignment. Being someone who willingly gives 100% effort, **I found that activating my muscles to that same degree didn't always achieve the best outcome.** With this new-found knowledge I began to teach and grow, which led me to find a new sport that challenged both my mind and body's abilities – as I found Pilates did.



So I found my equivalent – **Rock-climbing**. For me it is the Pilates of the bush and the mountains. When you're 80 metres up a rock facing a potential 8 metre fall, drawing on what Pilates has taught me about relaxing the muscles I don't require, developing efficiency in my muscles, and not to hold my breath despite the elevated levels of anxiety.

Ah yes, every weekend when I drive away from the Grampians or Mt. Arapiles (below) in Western Victoria I feel alive and well, thankful that Pilates found it's way into my life. As a bonus I found rock-climbing is great for knee control and strength and staying close to the rock activates the inner thigh muscles like never before. Now I can exercise pain free!"



KRYSTAL STARRING UNDER BCPS SPONSORSHIP

We are following closely the progress of our favourite sailor Krystal Weir on her way to qualifying for BEIJING 2008. Krystal flies to Portugal mid-June to compete in the World Championships – a major event in qualifying. You can keep updated on Krystal's progress at www.krystalweir.com. We are pleased to report that with specific attention to Krystal's pelvis and hip stability she is able to train at a higher intensity and without injury, thanks to treatment with the Real-Time Ultrasound at BCPS.



REAL-TIME ULTRASOUND IMAGING



A growing number of clients are seeing the benefits of this new Physiotherapy technology. The ultrasound machine enables us to view a precise picture of the **deep stability muscles of your pelvis and**

spine to accurately assess their health and function, and this allows even more specificity with our tailored Physiotherapy rehabilitation programs. Take the opportunity to check out with your own eyes exactly what those muscles are doing!

GIVE THE PEOPLE IN YOUR LIFE A BIT OF VIVE+!

We still have some copies of the 2006/2007 **Vive+** booklet to give away – including our refer-a-friend deal where you can earn yourself a **free studio session** simply by telling them how wonderful you feel after visiting the studio! Pick up a booklet, with the voucher inside, next time you're at the studio. Thanks to everyone who has acted on this offer and we certainly value your ongoing recommendations to friends, family and colleagues!

Vive
For Women Who Mean Business

TAKE PILATES HOME WITH YOU

If you are looking for other gift ideas for loved ones or something special for yourself, we have a range of Pilates equipment available. Mention this newsletter and we'll offer you a **10% discount** on any merchandise purchase. Offer valid until the end July 2007.



SPECIAL BEAUTY DEAL

Mention Balance & Control Pilates Studio with your next hair cut, style, or beauty treatment at **Darebiyoshi** in Bridge Road for a 10% discount!

Contact Kelly or Belinda at Darebiyoshi Hair & Beauty. 495 Swan St., Richmond. Phone: (03) 9428 5846.

Darebiyoshi
Hair & Beauty

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