

Issue Three

November 2006

Welcome to the Christmas 2006 Edition of the Balance & Control Pilates Studio Newsletter. We hope you have a safe and enjoyable time over the Christmas-New Year Period.

The studio will close for the summer break on December 21st 2006, and will re-open in Monday 8th January. Be sure to secure your regular time slot to get back into shape for 2007.

CHRISTMAS PARTY



You're invited to the 2006 BCPS Christmas Party on Sunday November 26th from 4-7pm. The event will be a "**BCPS Day on the Green**" of a different style – because this will be the Richmond Bowls Club greens! Dust off the bowling shoes, polish the ceramic, and come test out your left and right handers. It certainly will be on for young and old! Friends and families are welcome, its just \$15 for as much lawn bowls as you like. Nibbles will be provided, with drinks available over the bar. Richmond Bowls Club, Gleadell St, Richmond. (behind the Town Hall) **We look forward to seeing you there!**

NEW STAFF

In continuing to provide the highest quality Pilates and Physiotherapy Service in Melbourne, we welcome to the team Physiotherapist and Pilates Teacher **Lucy Cummins** (right), Office Manager **Karen Seow**, and Mat teacher **Sophie Jeffries**. Sophie is replacing **Stephanie Glickman** who we are sad to see go as she has been an excellent teacher for us over the last year. Thanks for all your great work Stephanie! Unfortunately due to Physiotherapy registration restrictions, **Tessa Kitchener** will finish teaching at the studio at the end of this year. Tessa plans to still be around the studio in some capacity, so we can all still see her smiling face. Lucy is available from Tuesdays to Saturdays.



NEW BOOKING POLICY

To assist in reducing too much cross-over on the studio floor, we are introducing a new policy to come into effect in December. With the holiday season fast approaching we may have the **occasional teaching scheduling change**, which means that we will always endeavour to have your class available to you, however at times you may be taught by a different instructor to the one you originally booked in with. If you have any queries please speak to Karen at the front desk.

CONGRATULATIONS TO PARENTS-TO-BE

You may have noticed a little bump developing in **Kim's tummy**, for which we are all excited! Kim is due in May, so will take some time off then, but we look forward to working with her up until that break. **Annalisa's tummy** is also growing a little munchkin, with her baby due in March. **Congratulations** to all our clients who have recently had children, it is an absolute joy to work with you during and after your pregnancies.



BUSINESSES TO BENEFIT FROM PILATES MAT CLASSES

In 2007 we will increase our focus on **Pilates Mat classes for the business sector**. If you or any of your business colleagues would like more information, mention it to Karen when you're next in, and we'll be delighted to follow-up with them.

CHRISTMAS SPECIAL



We are offering Christmas Gift-Packs this year to give you the opportunity to share the benefits of Pilates with your friends and family. Pick up your 5-class or 10-class gift and not only does it include a free Initial Consultation for your loved one, but you also get one class (5-class Gift) or two classes (10-class Gift) for free for yourself! **Ask at reception next time you are in the studio!**

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.

WOMEN'S HEALTH PHYSIOTHERAPY SERVICE

Kylie Patterson is developing a much sought-after service at the studio with great results in providing treatment of a wide range of Women's Health issues, including **continence and pelvic floor muscle rehabilitation**, Pre and post natal care and muscle and joint pain management. We have Real Time Ultrasound technology to provide us with the ability to assess the function of these muscles non-invasively. We are affiliated with a range of Health Funds and use the HICAPS on the spot payment to terminal to make managing your health fund bills even easier.

PRE- AND POST-NATAL PILATES MAT CLASSES

Kylie teaches ongoing 'Preggy' mat classes on Wednesday mornings. Let your friends know about our Preggy class, and you will both receive our Preggy referral incentive bonus. You will receive one free mat class, and your friend will receive a **10% discount** on their Initial Consultation screening.

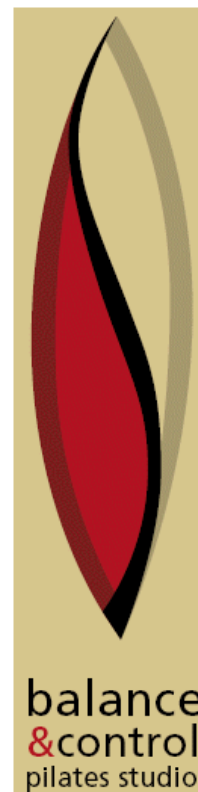


LIZ IN TANZANIA

Those of you who have had a Myotherapy session with **Liz Astling** will be interested to know she is having an **experience of a lifetime** working in an orphanage in Tanzania. She has sent through a few emails which are posted on the notice board near reception.

QUOTE OF THE MONTH:

After a class on Tuesday..... "I felt my stomach muscles on Thursday.....when I was using the stapler at work! (Thanks Mel!)"



balance
& control
pilates studio

GYROTONIC®

Annalisa will continue to offer **GYROTONIC** Classes at the Studio up until she takes a break to welcome a new little bundle of joy into the world. We are currently looking to find a replacement teacher and will let you know of updates. If you have not yet sampled **GYROTONIC** for yourself, then you must give it a try as the system is wonderful for developing **freedom and flexibility with your movements**. Annalisa also runs **GYROKINESIS®** Mat classes each Wednesday night, so why not try out one of these classes too.



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 - Darebiyoshi Hair & Beauty. 385 Bridge Rd, Richmond. Phone: (03) 94285846.



PRIVATE HEALTH INSURANCE COVER NOW AVAILABLE

A number of Private Health Funds now include Pilates as a recognised preventative exercise method. **This may qualify you for a rebate** on your standard Pilates classes, not only under the already accepted services of a Physiotherapy/Pilates session. This is only available with Bruce and Briana under NRMA, SGIC, SGIO Health and MBF policies. Ask next time you are in the studio whether this applies to you to help manage your financial commitment to your body.

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 with you.**



CANCELLATION REMINDER

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



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. Offer valid until February 2007.



PRODUCTS

If you are looking for other gift ideas of loved ones in the lead up to Christmas we have a range of Pilates equipment available. Mention this newsletter and we'll offer you a **10% discount** on any merchandise purchase until December 21.



AUSTRALIAN BALLET SCHOOL

Bruce was appointed as the **Strength Coach at the Australian Ballet School** earlier this year and has been making great developments with the boys at the school. "It's incredible some of the abilities of these students. To be able to play a role in developing their physique for the demands of the careers that lie ahead is certainly an interest area for me" says Bruce. Ask for a pas-de-deux demonstration next time you are in the studio!



DATES FOR 2007

Megan has two trips to **Brazil** planned for 2007 - in January/February and in August. Her sessions will be covered by Kylie and Lucy during these times.

KAPAI PUKU - THE SEED OF LIFE

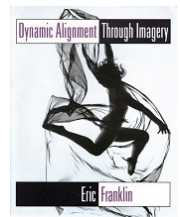


(or "birdseed" as we affectionately call it) Next time you are in the studio have a chat with Tessa about the next-best thing for your health in Kapai Puku!

Tessa has been distributing this wonderful seed product for the past few months after discovering the benefits for herself. Regular servings can make the world of difference to your **digestive system**, and is a great healthy treat idea for a Christmas gift.

FRANKLIN METHOD WORKSHOPS

Bruce's Australia and New Zealand Franklin Method 'Imagery and Movement' workshop tour was in full swing during October to introduce the **'Wonderful World of Imagery'** to a wide range of practitioners including dance teachers, Physiotherapists and Pilates teachers. After extensive training in London and Switzerland with the Franklin Institute, he has completed the 3-year diploma and is the only Certified Educator in Australia. Workshop dates are soon to be released for the **2007 schedule**, so keep an eye on the website.



PILATES FOR PRACTITIONERS

Megan will join forces with well-known Physiotherapist and Osteopath **Jenny Hynes**, as well as Physiotherapist-Pilates trainer **Chloe Lorback** for a series of Education Workshops tailored for Practitioner trainers wanting to learn more about the Pilates Method related to current Musculo-Skeletal research. Let us know if you're a Practitioner and would like to know more about the courses.

Until next time - look after yourselves and your bodies!
Merry Christmas and a Happy New Year from the team at Balance & Control Pilates Studio

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