



Issue 1 December 2009

## Instructor profile: Pauline Allison

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### Opening Hours Christmas/New Year holiday period:

We will be closing on:  
**23/12/09** (Strawberry  
Hills and Turramurra)  
and **20/12/09** Hunters  
Hill

And re-opening on:

**4/1/10** (Turramurra  
and Strawberry Hills)

**11/1/10** (Hunters  
Hill)

Have a safe and  
happy holiday and  
we look forward to  
seeing you in the  
New Year!

Best wishes from  
everyone at Pilates  
International

Pauline has been with Pilates International for seven years and is a most valuable asset. Her wealth of teaching experience and passionate and personable teaching style, make for quite a formidable instructor!

Pauline has a vast knowledge of dance, holding a Diploma of Dance from the VCA. Of her many and varied experiences within the performing arts, she was the dance captain for the Phantom of the Opera production for several years.

Pauline has completed an internationally renowned certification program through Body Arts and Science, a qualification that was subsequently upgraded to a Diploma of Professional Pilates Practice. Pauline is commonly referred to as the guru and for good reason!

### A quick snapshot:

**If I wasn't a Pilates instructor I'd be .....** I'm not really sure because I was certain that I was going to teach Pilates. I love books, so maybe a librarian or perhaps some kind of animal rescue, but I'd have to toughen up for that type of job! So it looks like I'm here to stay!

**When I'm not teaching Pilates I enjoy.....** Gardening, walking the dogs and getting lost in a really good book.

**My favourite Pilates apparatus is.....**the reformer would be my all time favourite. The range of exercises seems to be endless and so wonderfully lengthening and balancing on the muscles. But each apparatus has something special to give.

**"The hundred" is.....**a classic Joseph Pilates exercise that continues to challenge me and I'm sure all who do this exercise. Clients often ask "when is this exercise ever going to get easier?" But you see that is the brilliance of Joseph Pilates!

**My dancing career taught me to.....**be focussed and mainly taught me discipline, in the best sense of the word. But when working with music and wonderful people those things become easier.

**People often describe me as.....**"the smiling assassin"

**Pilates is.....**a gift to those who pursue it

## Studio News

Pilates International would like to congratulate our senior instructor Sonia on the birth of her first baby Lewis on 18th November and Turramurra and Strawberry Hills instructor Amitie on the birth of her second child Oliver, a little brother to Luca. We are also incredibly impressed with her return to work after a mere eight weeks. We wish them all the best at this

exciting time. We would also like to congratulate our Turramurra, Hunters Hill and Strawberry Hills instructor, Katie, on her pregnancy. Best wishes for March!

We also welcome some new members to the Pilates International team. Joel Murray, Michaela Hill and Jess Morrison will be

instructing at the various studios.

Some of our Pilates International instructors were also very privileged to partake in the *Mind Your Body* Conference in Melbourne at the beginning of November. Guest presenters Kathi Ross-Nash and Cynthia Lochard delivered inspiring workshops with passion and dedication, to the benefit of all who attended.

**Are you going to miss your Pilates when you're on holidays??** Here are some simple things you can do to stay in touch!

Do your pole series with a rolled up towel—great for shoulder mobilisation!

Lying on your back, put your foot through the towel and take a hamstring stretch.

Whilst your down there, how about some pelvic curls and a set of clams?

Finally and only if you're up to it The Hundred!

Happy Holidays!

***Don't forget you can now book your sessions online!***

***Just visit [www.pilatesint.com](http://www.pilatesint.com)***

***And you can also read about our fabulous instructors!***

## **“The Hundred”**



The Hundred is a classic Pilates mat exercise that you will be asked to perform in some variation during your Pilates sessions. You will most often start with preparation versions before moving into progressions of the exercise until finally achieving the original style Hundred.

Classically, the Hundred is done in the position outlined above, where the legs are fully extended in line with the eyes and the navel is pulled in to the spine. Some of the variations of the Hundred include raising the height of the legs, bending them in, keeping them on the floor, or other modifications or assists that help to build abdominal and torso strength to enable the execution of the exercise holding extended and low leg positions.

Classically, the Hundred was used as a dynamic warm-up at the very beginning of a class. It is indeed a great warm-up for the abdominals and lungs and indeed the whole body! It requires that you co-ordinate your breath with the movement, remaining strong and rhythmic. In the Pilates International approach, we use preparatory release and activation exercises including pelvic curls and spine twists in order to mobilize the spine and activate required muscles, so you are ready to engage everything in the correct manner when you move into the Hundred in your session.

We all have a love-hate relationship with the Hundred....trust me! When everything comes together, it is a thing of joy. On our less perfect days, a challenge to be met. It is an exercise that is invaluable in our repertoire and should be done as often as possible to achieve positive Pilates results. Joe did it every day!

Happy Hundred-ing!! - Sally Anderson

## **The Joseph Pilates story**

**“With body, mind and spirit functioning perfectly as a co-ordinated whole, what else could reasonably be expected other than an active, alert, disciplined person” *Joseph Pilates***

We are all in one way or another indebted to Joseph Pilates for his tireless work in developing the Pilates method of exercising. His foresight and vision were quite extraordinary and as a result of his genius, we are all better off, both physically and mentally.

Joseph Pilates was in fact a very ill child, suffering from asthma, rickets and later rheumatic fever. It was a result of these debilitating conditions that he dedicated his entire life to improving his physical strength. And improve he did. By the age of 14 he was fit and strong enough to be posing for anatomical charts. His fascination for the human body was further confirmed by his memorizing of an entire anatomical reference book!

Joseph dabbled in many different pursuits—from gymnastics, diving and body-building to later on in his life at the age of 32 turning his hand to professional

boxing. Shortly after this time, Joseph was interned with other German citizens during WWI and was sent to a camp on the Isle of Man. It was during this period that Joseph started conceptualizing his vision for an overall method of strength and conditioning of the mind and body. This was to become known as “contrology” It was during this time that Joseph first started to experiment with springs on a hospital bed. This later led to the development of the reformer. It is suggested that his work with fellow inmates, who become his trainees, prevented them from succumbing to the influenza plague of 1918.

After the war, Joseph returned to Germany and began training the Hamburg City Police. However, his return did not last long. In 1926 he emigrated to the United States, meeting his future wife, Clara on the way. The two would later establish the first ever Pilates Studio, titled, “The Joseph Pilates Studio

for Contrology” in New York City. It was during this period that the relationship between Pilates and dance was formed. Joseph and Clara shared the same address as the New York Ballet Company and it quickly became known amongst the dancing fraternity that Pilates was one of the best ways to achieve a balanced body and to recover from injuries, in addition to preventing them altogether. Joseph worked in his New York studio until his death in 1967, whereupon his wife Clara continued for a further 10 years.

We all know that Joe's work lives on in many of us—particularly amongst the instructors at Pilates International. We all endeavour to promote his vision and passion and may it continue to flourish!