

# pilates international news

autumn 2011

## studio news

2011 is shaping up to be a very busy year.

We have a new group of students who many of you would have already seen keenly observing your workouts and starting to work with instructors on the floor. Melbourne has also opened a student clinic session each Thursday from 3 – 6 pm, for further information please call 03 9826 1234.

Our Pymble studio has held an open day to show our lovely facility and promote the benefits of Pilates to new people. The open day proved to be very successful and we are planning to hold another one later in the year.

Our instructors are preparing for a big year of continuing education training. So far they have undertaken a Matwork Masterclass with Sally Anderson, and are getting ready for many more workshops, and the Pilates Industry 'Mind Your Body' Conference being held in July.

Some of you may have noticed our Director, Sally Anderson's, 'Pilates Pick-Me Up' articles in the Sunday Telegraphs, Body + Soul Lift out. Sally's 'how to' articles provide useful suggestions for how to relieve, activate, and help a number of common complaints using simple Pilates exercises. You can read her anti-aging with Pilates article below.

## quick links

[Online booking system](#)

[Email Hunters Hill](#)

[Email Strawberry Hills](#)

[Email Pymble](#)

[Email South Yarra](#)

[Email PITC](#)

[PITC website](#)

## easter

Studios will be closed from Friday 22 April until Tuesday 26 April for the Easter break (inclusive). Apart from Pymble which will open on Saturday 23 April, and Melbourne which will open Tuesday 26 April.

## pilates matwork classes

Pilates Matwork is a Pilates class performed on a mat on the floor, without the need for special equipment. Occasionally small apparatus may be used, such as Magic Circles, Therabands and Foam Rollers but essentially a Matwork class does not require anything more than a thick mat and an enthusiastic, qualified instructor. Classes are more standardised than studio sessions, with everyone performing the same movements together. As such, Matwork classes are generally not suitable for clients with current injuries or other pathologies. But for those of you with apparently healthy bodies a Matwork class is a fantastic compliment to your regular studio sessions.

Of all the core Pilates principles, none is more evident during a Pilates Matwork class than flowing movement. The flowing movement that we all appreciate in our studio classes is taken to a new level; not only is each exercise performed with the same beautiful Pilates control, but the progression from one exercise to the next is smooth and fluid, creating a seamless hour of Pilates without the need to change springs or apparatus. This constant flow of movement and energy also demands a certain level of stamina, and it is this element that can make Matwork classes very challenging! In fact, Matwork is generally considered to be more difficult than studio. While the studio apparatus supports your body and allows for focused movement, Matwork requires full body integration.

Joseph Pilates developed his Matwork classes in response to demand for his services outside of his fully-equipped studio. He was asked to devise a warm up for the New York City Ballet that could be performed without the use of apparatus, and so Matwork was born!

While the matwork we teach at Pilates International has been modified somewhat to cater for the general public, it still uses many of the traditional exercises that Joe himself developed. So why not give matwork a go?



**'Contrology (Pilates) develops the body uniformly, corrects wrong postures, restores physical vitality, invigorates the mind and elevates the spirit'**

Joseph Pilates & William Miller, Return to Life through Contrology, 1945

## anti-aging with pilates

After world peace, if there is one universally sought after ideal it would be to successfully fight the effects of ageing.

Ageing is a process which begins from the moment we have matured from childhood – around 18 years or so. It is a condition based on circulation, and could be defined simply as a decrease or lack of circulation. It is this decreasing physiological circulation that advances all the conditions of ageing, including how our appearance is affected and how all the systems of the our body are affected.

The good news is that symptoms and conditions can be minimised and in some cases avoided completely and, even in genetically inherited cases the severity or onset can be well and truly reduced or delayed. This is where Pilates is a perfect antidote to ageing and a disease preventative.

Joseph Pilates basis for development of the Pilates method was as a health and wellness program, which naturally integrates the need to be centred, strong and powerful. Joe was always ahead of his time and it is interesting to read his very valid theories and discussions on health and wellbeing in his book 'Return to Life'.

It is well documented these days that Pilates will give you a strong core, sleek and toned musculature and improved posture. It will alleviate back conditions, strengthen joints and in addition to a great conditioning technique is an ideal rehabilitative system now constantly referred to by physiotherapists, doctors and health care practitioners. What is not as commonly documented is the effects of Pilates on the internal organs, the lymphatic, endocrine and cardiac systems, and the overall health and wellbeing that can be achieved through a commitment to Pilates.

The Pilates Method is a non-impact form of exercise that works deeply into the core of the body for inner support and suppleness combined with peripheral mobilisation of the joints and tissues of the body. All of which is aimed at stimulating circulation in all forms – of blood to tissues and organs, of oxygen via the respiratory system, and of toxin elimination and lymphatic flow.

We know that the lymphatic system, unlike the cardiac system, does not have a physiological pump but rather depends on good muscle action to move lymph around the body. As our system of 'body cleansing' the more we can effect efficient lymphatic movement, the healthier we will be. Pilates creates more mobile joint function to increase lymph node activation, constant and whole body muscle action, and stimulation of the lymph nodes with a particular focus on the great congregation of nodes in the groin and armpit areas. This activation without putting the skeletal system under high impact, and whilst creating more balanced muscle and joint action through posturally corrective exercise selection.

In addition, this holistic form of exercise aids in the balancing of hormonal levels, with particular exercises aimed at stimulating hormonal activity or mellowing over active production of certain hormones. Fully qualified Pilates professionals will have undertaken specific training in a range of women's health issues including exercise selection for hormonal balancing, reducing the symptoms of menopause, and prevention and management of ageing conditions such as osteopenia/osteoporosis and cardiac function.

The health and longevity benefits of the Pilates method are endless. It does require a commitment to undertaking Pilates as part of your lifestyle and won't be achieved in one or two sessions alone. It is also extremely necessary to work with a qualified instructor who has had formal, comprehensive training.

**By Sally Anderson**

### the hundred

The Hundred is a great anti-ageing exercise.

Classically, the Hundred was used as a dynamic warm-up at the very beginning of a class. It requires you to co-ordinate your breath with the movement, remaining strong and rhythmic.

In the Pilates International approach, you will most often start with preparation versions before moving into progression of the exercise until finally achieving the original style Hundred.

To do the Hundred, hold your body in the hundred position with your chest lifted, arms reaching along your sides and legs extended to a height you can hold while contracting your abdominals (you can leave your feet on the floor if you find it difficult to hold them in the air). Beat your arms up and down, breathing in for five beats and out for five beats. Do 10 sets of 10 beats.

The beating of the arms in conjunction with the breath stimulates circulation in the body, which helps fight ageing. It is an exercise that is invaluable in our repertoire and should be done as often as possible to achieve a positive Pilates result. Joseph did it every day!

