

### studio news

Well it took a little bit longer than we anticipated but Pilates Int Turrumurra has officially moved to Pymble. Our new studio is double the size of Turrumurra, with heaps of natural light, more equipment, dedicated changing rooms and even a shower... just in time for summer! With all the extra space, we have started running regular mat classes and will soon be introducing group Exo Chair and Reformer classes.

Also moving to Pymble is the Pilates International Training Centre (PITC). PITC provides comprehensive Pilates vocational training and continuing education in Australia. New courses are set to start in February 2011. If you are interested in becoming a Pilates instructor please email Megan at [info@pilatesitc.com](mailto:info@pilatesitc.com). Course information can be found on the PITC website [www.pilatesitc.com](http://www.pilatesitc.com).

Along with a new address Pilates Int has recently opened a new studio in Melbourne. Read more about Pilates Int Melbourne in the below article.

Instructors have also been busy participating in numerous Pilates workshops. Read more about what they've been learning in the article below.

There has also been a bit of love in the air at Pilates Int with the engagement of Atlanta to her boyfriend Tommy, and Megan to her boyfriend Andrew. We are very excited for them both and wish them all the best for their futures together.

We also want to wish Lauren, who is heading overseas next year for 6 months, good luck! We hope she has a wonderful trip.

### introducing melbourne

Next time you visit Melbourne why not book a session with studio director and senior instructor Jennifer Newman-Preston at our South Yarra studio, and then treat yourself at some of the best cafes Melbourne has to offer.

Set in the heart of leafy South Yarra our Melbourne boutique studio is close to the some of the best shopping in Melbourne, Toorak Road and Chapel Street.

Some of you will remember Jennifer who worked alongside Sally and Pauline in Sydney since 2000 and moved to Melbourne to complete a Masters Degree. Our Melbourne studio continues to provide the quality teaching that you have all come to expect at Pilates International, and offers privates, duets and regular classes with a maximum of three clients.

The studio opened July this year and already has highly motivated and committed clients, some who are new to the benefits of Pilates and others who have been attending classes for up to 10 years!

Please spread the word to family and friends in Melbourne who you think may benefit from some Pilates, and Jennifer would love to see you when you next visit!

To make a booking email [southyarra@pilatesint.com](mailto:southyarra@pilatesint.com) or call 03 9826 1234.

### quick links

[Online booking system](#)

[Email Hunters Hill](#)

[Email Strawberry Hills](#)

[Email Pymble](#)

[Email South Yarra](#)

[Email PITC](#)

[PITC website](#)

### christmas opening hours

The studios will close for the Christmas break on Friday 24 December.

Permanent bookings will be put on hold until Monday 31 January.

Studios will run a holiday time table throughout January, starting from Tuesday 4 January. Apart from Strawberry Hills which will start back on Monday 10 January.

January session times will be available in December.

You can book in advance or online closer to the time.

Please let us know if you plan to be away for any times additional to our closing times.

### pilates int now on facebook!

'Like' us on facebook to keep up to date with all the latest news from the studios.

## continuing education

Continuing education for instructors is extremely important to Pilates Int and we pride ourselves on providing our instructors with numerous training opportunities throughout the year.

Just recently we were lucky enough to have Master Pilates Trainer Julian Littleford come all the way from San Diego to deliver an intensive workshop and workouts for all the instructors.

Julian originally studied Pilates in England with Alan Herdman, and was one of Alan Herdman's first teachers in his London studio during the late 1970s. In 1990, after spending eight years in New York as a principle dancer with the Martha Graham Dance Company, he opened his own studio J.L. Body Conditioning, Inc in San Diego. He is a founding member of the Physical Mind Institute in New York and Gold Certified by the Pilates Method Alliance (USA).

Julian's work is renowned for being extremely demanding, requiring a high level of energy, enthusiasm and motivation. Many of you will have already experienced some Julian inspired exercises.

Instructors have also undergone an in-depth workshop on new and exciting ways to use the Exo Chairs with our very own Sally Anderson. For those of you who don't know, Sally is the director of the Pilates Int Pty Ltd, incorporating the PIRC and Pilates Int Studios. She holds an Advanced Diploma of Pilates Method, Certificate IV in Assessment & Workplace Training, Certification in Nutrition and is Gold Certified by the Pilates Method Alliance (USA).

Coming up, instructors will be taking part in a 'Spinal Fitness' workshop with Shauna Hall, looking at more complex mechanisms to develop a strong and stable spine. Shauna Hall has been teaching Pilates since 1986 and has extensive qualifications; she is a senior registered nurse of 30 years, holds MA in Women's Health, MS in Public Health, BA in Movement, and is currently finalising a post-graduate degree in Pharmacology. Shauna always brings great inspiration to Pilates teachers with her very functional and holistic approach to movement health.

## commonwealth swim team

Pilates Int would like to congratulate Geoff Huegill and Eamon Sullivan on their outstanding achievements at the 2010 Commonwealth games. The swimmers had undertaken Pilates with us as part of their training routine and we are very proud of everything that they have accomplished. Andrew Lauterstein also put in a mighty effort in the face of a debilitating bout of illness during the games.

Another of our super squad of swimmers, Matt Abood, has recently been competing in short course comps throughout Europe as well as training with renowned coaches while there, and is heading to the world championships in Dubai in December. We wish Matt heaps of luck for that.

## engaging the pelvic floor

In Pilates we are always being told to engage or lift our pelvic floor muscles, but are often unsure about how to make this happen.

The pelvic floor muscles sit deeply at the base of the abdomen and are primarily responsible for stabilising the pelvis, supporting the organs of the lower abdominal cavity, and controlling bowel and bladder function.

This muscle group is often overlooked until we have a major health issue, the most common being incontinence which results from a weak pelvic floor. Causes of pelvic floor weakening include pregnancy, childbirth, obesity and even constant coughing.

The pelvic floor also – along with the deep muscles of the back and abdomen – functions as part of our core muscle group, which we are trying to activate and strengthen when doing Pilates.

To ensure you are performing your Pilates exercises correctly, it is essential that you are able activate your pelvic floor correctly.

In order to find and engage the muscles of the pelvic floor, inhale and as you exhale try to tighten and lift the muscles that would normally stop the flow of urine. Try not to use your abdominals and don't squeeze your gluts, legs or hold your breath. Hold for 5-10 seconds, then release as you inhale and lift them again as you exhale.

In Pilates you contract and lift the pelvic floor when breathing, and strengthen the pelvic floor muscles by using them to support your alignment and movement throughout your workout.

The activation of the pelvic floor muscles should not only be practiced in Pilates class. As with all Pilates principles, this awareness should become part of your daily life.

**And from everyone and Pilates Int we hope you all have a wonderful Christmas and a Happy New Year.**