

pilates international news

winter 2010

studio news

Since our last newsletter the summer sun has gone and the days have gotten shorter. Katie has given birth to her first baby, a beautiful girl named Scarlett, and Sonia is back from maternity leave. We have sadly said good bye to Robyn and Joel, and welcomed Megan and Jo to the Pilates Int team.

To keep warm this winter Pilates Int has definitely been keeping busy. We have recently installed a fabulous new apparatus, called the CoreAlign™, at our Strawberry Hills studio. The CoreAlign™ is an impressive piece of equipment that works the body in an upright position, and provides many benefits that add to Pilates training.

The introduction of a new machine has meant lots of extra training for our instructors by the wonderful Liz, who is overseeing the teaching program in the studio. Read more about the CoreAlign™ in the article below.

On the other side of the bridge our Hunters Hill studio has just started mat classes on Tuesdays at 1pm and Saturdays at 9am. Places are limited so let us know if you would like to join.

And even bigger changes are in store for our Turramurra studio, which is soon to have a new address. Details on the big move are outlined below.

quick links

[Online booking system](#)

[Email Hunters Hill](#)

[Email Strawberry Hills](#)

[Email Turramurra](#)

Want better grip when working out?

Grab a pair of pilates socks with special sticky soles.

\$20 for one pair or \$35 for two!

'Physical fitness is the requisite of happiness.'

Joseph H. Pilates 1945

CoreAlign™

We are very excited about our new CoreAlign™ training units — the first ever in Australia.

This unique piece of equipment, developed by Jonathan Hoffman, is designed to improve balance, posture and functional movement.

Sally Anderson experienced one of the first CoreAlign™ prototypes in 2007 in Phoenix, and has kept up to date with its development ever since.

Focusing mainly on standing positions and movements the CoreAlign™ Stimulates core stability muscles to fire in perfect timing while performing challenging exercises, training the body to move more effectively and efficiently in an upright posture, relevant for many daily activities such as walking.

Pilates Int staff have recently undertaken the full CoreAlign™ training program direct from the US developers, with our very own Liz Stride taking on the position of Australia's CoreAlign™ Master trainer. Liz recently launched the first national training program, and is continuing to oversee the teaching program in our studios.

The CoreAlign™ is great for everybody and a wonderful addition to your Pilates workout. To experience the CoreAlign™ please contact us on 02 9699 5509 or email info@pilatesint.com.



new address

Sadly, Pilates Int Turramurra has out grown Rohini Street. So we are packing our bags and moving down the road to 14-16 Suakin Street Pymble.

We have chosen Pymble as there is nothing large enough in Turramurra.

Our new studio is much bigger than where we are now (170sqm to be exact), has newly renovated bathrooms, a proper change room and lots of easy parking (we have 6 allocated spots, plus there is a council car park and street parking on Bridge Road). And for those of you who like a coffee and chat after class there are even a couple of coffee shops in the area.

All the extra space means we will be able to run extra sessions as well as mat classes, and even get some new equipment!

The move will happen around October. Turramurra clients will be provided with more information and a map with directions closer to this time.

'You must out the breath to in the breath'

Joseph Pilates

the importance of the breath

We all know breathing is essential for life. Breathing oxygenates the blood, improves circulation, removes wastes (such as carbon dioxide), and releases tension from the body.

Breathing has long been a key principle of Pilates. Joseph Pilates was a big believer in exhaling completely in order to remove all the stale air from the body and allow for a deep inhalation of more fresh air.

In Pilates breathing calms the mind and body, and encourages concentration and focus. It assists in abdominal activation (especially the deep abdominals and pelvic floor), it challenges the body's stability and it creates a rhythm in the body for movement.

When to inhale or exhale is a key component of every Pilates exercise, as is abdominal strength and control, which is why in Pilates we teach lateral, or sideways, breathing. Lateral breathing is achieved by expanding the sides and back of the rib cage when you inhale and drawing the abdominals and pelvic floor inwards and upwards as you exhale. All put together, this allows you to maintain stability and control during movement whilst keeping an effective flow of breath.

We know, with so much to remember when doing Pilates, breathing is often the first thing we forget. However, it is the breath that helps us to control the body and gives us the deeper abdominal and pelvic floor contraction that we need to undertake the exercises. So no matter what you do — don't stop breathing!!

want to practice breathing at home? here's how:

Lying on your back with your legs bent. Place your hands lightly on the front of your rib cage.

When you inhale: expand your ribs backwards into the floor and out to the side. Your hands should move sideways not up.

When you exhale: draw your ribs together and down towards your belly button (your hands should move back in towards your centre); draw your belly button down towards your spine; and contract and lift your pelvic floor.

If you find it hard to engage or lift your pelvic floor — stay tuned for our next newsletter with some handy hints!

This newsletter is for you. So please let us know if you have something to contribute or if there is something you would like us to write about by emailing huntershill@pilatesint.com.

Until our next edition happy Pilating!