

Australasian Pilates Industry Alliance



PILATES ALLIANCE NEWSLETTER

AUSTRALASIA

Authentic Pilates Mat Workshop with Cynthia Lochard 15th November 2003 2 CECs

Special points of interest:

- Next CEC opportunity is the 15th November, don't miss the Authentic Pilates Mat Workshop!
- The AGM was held on the 26th July.
Thanks to those who attended the meeting, as it is only with the support of our members that we can continue to provide an association, or Alliance, that represents the widest possible assemblage of our industry.
- The Pilates Alliance presented a very interesting workshop by BRENT ANDERSON founder and director of Polestar Education on Sunday 24th August 2003. Brent presented "Healthy Vs. Chronic Pain: A functional model within the Pilates Environment." Whilst this sounds somewhat complicated and clinical, those who were there will agree, Brent's presentation was fascinating and though provoking!
- Health Fund Update - We have recently received confirmation from Grand United that Alliance members can apply for a provider number. To apply contact:
 - Grand United
GPO Box 1507
Sydney NSW 2000
Attn: Melissa Peterson
- If you have not already pursued issuing of a provider number, where necessary, with the following funds, don't forget, Full Members of the Alliance have been registered with the following Health Funds for provider status:
 - HCF
 - Defence Health
 - NSW Teachers Federation Health Society
- Alliance Contact Details
Pilates Alliance (Australasia)
PO Box 374
Surry Hills NSW 2010
(P/F) 02-9540-3302
www.pilatesalliance.net
admin@pilatesalliance.net

Authentic Pilates Mat Workshop

Presenter: Cynthia Lochard
15th November 2003
2.00pm – 4.00 pm
Pilates International,
Surry Hills.

Come and experience the Authentic Pilates matwork at an Intermediate Level.

This is your opportunity to experience the original exercises incorporating the intended pace and flow of the work under the guidance of Cynthia Lochard, director of The New York Pilates Studio® in Surry Hills Sydney. This will be a fully practical workshop and professional ability will be assumed.

Cynthia Lochard (Certified Teacher Trainer) was born in N.Y.C and began her professional career in 1978 as a professional dancer with the New York City Ballet. Since the age of sixteen, Cynthia used the Pilates Method to refine her technical dancing skills and help prevent injury. She later moved to Sydney, Australia where she danced for two years as part of The Sydney Dance Company. In 1994, she returned to N.Y.C to attain her certification in the Pilates Method under the guidance of Romana Kryzanowska and Pilates, Inc. and in 1998 was appointed a Teacher Trainer by Romana. After attaining certification in 1995, Cynthia returned to Sydney Australia to continue

teaching and became the director of The Pilates Studio® of Sydney.

15th November 2003
2.00pm-4.00pm
@Pilates International
Surry Hills
2 CEC's
Members \$ 30.00
Non Members \$45.00

Please contact the Alliance as listed below to register and pay for this workshop prior to the 15th November.

Accepted methods of payment are cheque or money order.

WELCOME FROM THE COMMITTEE

The Alliance has had a few new additions since the AGM. A special welcome to Catherine Aquilina, Sandy Sellers & Rachel Szabo.

At the recent AGM Catherine and Sandy, along with existing public officer, Kristy Wetherell, were voted onto the Alliance committee. They have embraced their new roles with enthusiasm and it is great to inject some new energy and experience to the committee.

In addition, Rachel has joined us as Alliance Administrator. She has already got everything under control and organized at an administrative level, and I'm sure will continue to keep us that way! Rachel now becomes the first line of contact for all membership and Alliance enquiries.

Member Review: The Running Series—Part 2

by Melanie Payne, Sydney

The Weekend Warrior, was presented by physiotherapist, Muriel Ginges.

Notice how no one ever “takes a lesson” to learn how to run? Running is easy, right? All you seem to need is a pair of running shoes, comfortable clothing and the desire to do it. But, eventually you’ll want to know if you’re workouts are actually helping you. Are you pushing yourself too hard and risking injury?... Or not hard enough?

One of the most common problems with the recreational runner is that the quality of movement is often compromised. Inefficient movement means a lack of control, leading to undue stress on muscles and joints. This creates imbalances throughout the body eventually leading to injury. It also uses too much energy and causes fatigue much sooner!

With our understanding of human alignment, we can see how different postural imbalances are going to directly affect the biomechanics of the movement.

The goal of running is speed rather than the efficient use of gravity and momentum, as aimed for in walking, and so the muscle activation patterns are somewhat different.

At the hip, gluteus maximus and the hamstring produce a more forceful extension rather than allowing momentum to carry the body forward. This amongst other recruitment patterns, work in synergy to take the movement from stance through to contact, mid stance and finally propulsion.

During this movement phase the muscles that are acting concentrically are the ‘working’ muscles while the muscles acting eccentrically are ‘controlling’ the movement.

Another important factor which needs to be addressed is the role of the Thoracolumbar fascia. This is a deep fascia which has an intricate network of muscles, ligaments and other fascia connections. The purpose of the Thoracolumbar fascia is to separate muscles and ligaments

and it plays an integral role in the movement between the trunk and the lower limbs.

Strengthening specific muscles, for example, hip and back extensors contralaterally is an important consideration for the runner. Of course specific muscle groups also need specific stretching to avoid imbalances and injury.

Incorporating some of those stretches we tend to use in the studio, Muriel was able to give use some input from a remedial point of view.

It is easy to see how beneficial Pilates can be to balance and strengthen the body with the emphasis that we place on muscle recruitment and range of movement with the method.

Finally, whether they be recreational joggers or competitive runners, ultimately the goal is to understand individual physical abilities and how to use them most efficiently.

Gold Coast Pilates Symposium, August 2003

by Shauna Hall, Pilates Plus

The five day Post Graduate Symposium held in Australia on the Gold Coast attracted 50 delegates from all over Australia & New Zealand and even as far away as South Africa.

It was great to have many Pilates graduates still as enthusiastic to gain more knowledge from a great inspiration - Master Teacher Rael Isacowitz who was joined by the ever capable Karen Clippinger. They were a dynamic team offering comprehensive lectures with follow-up practical sessions each afternoon. This program seemed to cover everything from spinal, neck and

shoulder rehabilitation, right through to advanced athletic training and dance specific regimes.

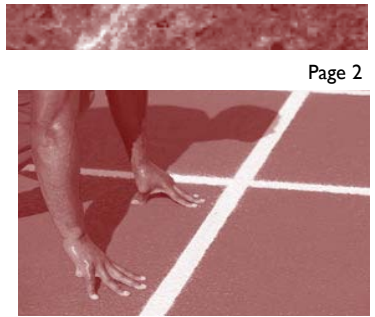
I think most of us, when we attend conventions have disappointing lows—our expectations are to have high quality lectures all the time! Based on our feedback from this symposium, most of the delegates commented on the excellent organization and above all, the rare opportunity to work intensively on a daily basis with such high level presenters.

We have proven to the world that that we can deliver high level educa-

tion surpassing anything existing within the Pilates marketplace.

Congratulations to Rael and Karen for such a Herculean effort. Be warned though, we are already planning for an even bigger and better symposium scheduled to be in the Gold Coast at Grand Mercure Hotel—Broadbeach from 11th-15th August 2004. We are planning to have three Master Level Practitioners from the USA come and share their knowledge with us.

Shauna Hall
Pilates Plus
info@pilatesplus.com.au



PLEASE BE ADVISED We have decided to present the “Authentic Pilates Mat Workshop” as our final Foundation workshop for the year. Therefore the final lecture scheduled on the 1st November, completing the RUNNING SERIES, has been postponed until a later date.

NEW MEMBERS

The Alliance welcomes new members.

Claire Gunther
ACT

Maria King
SYDNEY

Tess Pierchorowicz
SYDNEY

Gloria Scott
SYDNEY

Tammy Starr
SYDNEY

For all enquires re advertising in the Alliance Classifieds please contact Kristy Wetherell at absolutepilates@bigpond.com

PILATES INSTRUCTOR WANTED

Fitzroy Pilates Studio

Busy Inner City Melbourne Pilates Studio requires Pilates Teacher for immediate start. We are an active studio in the heart of Melbourne offering a wide range of classes including; Studio sessions, Rehab sessions, Reformer classes and “Posture and Flexibility” classes.

We are seeking an enthusiastic and qualified instructor with teaching experience to join our team. Teaching may involve Rehab work in very small groups, and general sessions, depending on your experience.

Our instructors have diverse backgrounds including dance, yoga, martial arts, massage therapy, personal training and exercise science. We interact regularly to develop and expand our teaching styles and repertoires, and are seeking a teacher willing to become part of an evolving team. A willingness to undertake some training in our approach is necessary. To apply please send resume to ;

Fitzroy Pilates Studio

1/175 Brunswick St, Fitzroy VIC 3065

WEBSITE UPDATE

After a few hiccups, our website is up & running!

www.pilatesalliance.net

admin@pilatesalliance.net