



Allan Menezes at the convention in April

PILATES NEWSLETTER

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CURRENT SESSION DATES and SUMMER TIMETABLE

On going training through courses, workshops and conventions in 2010.

The current session runs from Mon. 14th June to Tue. 20th July and then we finish for the summer break before re-starting the next 6 week block on Mon. 6th Sept. 2010.

I will be running a few classes during the summer that can be booked and paid for individually, these will be:-

Thu 22nd July 6.45pm-7.45pm and 8pm-9pm

Mon 26th July 8pm-9pm.

Thu 29th July 9.30am-10.30am, 6.45pm-7.45pm and 8pm-9pm

Mon 2nd Aug 8pm-9pm

Mon 9th Aug 8pm-9pm

Tue 10th Aug 9.30am-10.30am

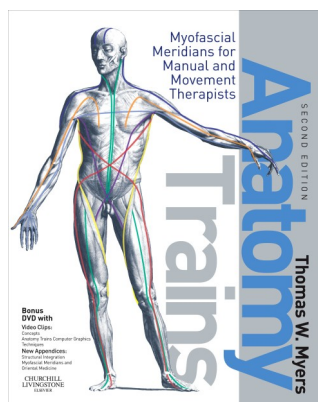
If there is the demand, I may add additional classes where possible. All summer classes will be mixed abilities and must be paid for in advance.

CLASS CHANGES

There is now a new Monday evening class for beginners running from 9.05pm-10.05pm.

The Monday 8pm class is now an intermediate level class and will not be open to beginners.

As most of you know I attended the Pilates Convention in Santa Clara in April this year and met some of the most respected instructors in the world and gained a lot of knowledge about some new approaches to the Pilates method along with trying out advanced classical Pilates classes and sitting in on detailed sessions covering everything from osteoporosis to pelvic floor dysfunction. I also got the chance to try out some new equipment on the market including the "Fletcher Towel", "Stretch out Strap" and "Yamuna Rolling Ball"! Which you will be glad to know I didn't bring back with me but can apply some of the exercises by using the equipment we already have. Some of you have tried a little of the "Menezes Method", which I was introduced to at the convention, by using the Menezes position when working the abdominals along with "ocean" breathing and a few of his stretches. I was really impressed with the session I had with "Allan Menezes" that I have arranged for him to come over to the UK to teach me, and other local instructors, more about his method in September on a 2 day workshop to be held at the Core Strength Gym at the Halton Tennis Centre on the 11th and 12th. After the workshop, Allan will be available for private one to one sessions with any of my clients for a fee of £70. If you are interested please let me know as I am booking these slots for him and will require a deposit of £20 (each session will be for an hour and I may sit in on your session to observe and learn). It is a very rare opportunity to work with someone so experienced, and at such a local venue. He is based in Sydney and he travels the world to teach and will be coming from teaching in Copenhagen to take the workshop and sessions. Google him if you want more information.



To continue with my education, which I know not only benefits me as an instructor but also benefits you as clients, I have booked onto the following courses. I will meet Tom Myers at the end of June for a one day workshop in London "An Integrated Approach to Physiological Awareness" and then in October I will attend a two day workshop with James Earls called "Anatomy Trains" at the North London School of Sports Massage to learn more about posture, body reading and the influence of fascia/connective tissue. I know this is a fantastic course as it has been recommended by osteopaths/sports therapists and was devised by Tom Myers who I will have met in June. It will enable me to understand more about postural problems and how to effectively bring the body back into alignment.

PRICE INCREASE EFFECTIVE FROM MONDAY 6TH OF SEPTEMBER

I am increasing my class prices to £8 after the summer break, a six week session will then cost £48. My first price increase since the classes started 4 years ago!