



PILATES NEWSLETTER

ISSUE 9

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CURRENT SESSION DATES

The next session will run from Monday the 6th June to Thursday 21st July. The Friday class on July 22nd will not run as the schools finish midday. This means that the session is 7 weeks long, (except for Friday clients) and will cost £56. (Fridays £48 as normal).

This will bring us to the summer break, where I will be running a reduced timetable that enables clients to book only the classes that they are available to attend as this has been successful in the past. Places will still have to be booked and paid for in advance but on an individual basis.

Details of summer classes to follow.

Workshop

The next "Introduction to Pilates" workshop will take place on Sunday June 12th at the Guide Hall from 9.30am to 11am. This is free to current clients who want to brush up on the basics and will cost £10 for any new clients who attend. An ideal starting point for anyone interested in joining a class.

Remember that places need to be booked as numbers are limited.

WHAT'S NEW FOR NEXT SESSION

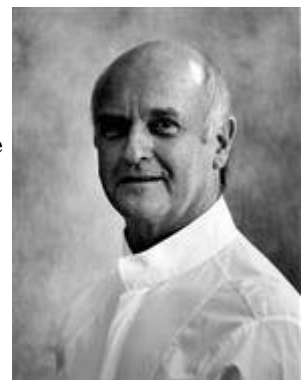
1. During this next session I will be getting everyone to up-date their PARQ's, this is the medical questionnaire that you were all asked to fill in when you first started Pilates with me. These are now to be updated every year and I will have these questionnaires with me over the next few weeks, and would be grateful if you could complete them and return them to me before the end of this current session. Thanks.
2. Also, it is now possible to pay for your sessions by bank transfer, which many of you have already done. Account details are on the blue renewal slips if you would rather pay this way.
3. The Friday class on July 8th will be covered by Ruth Reid as I will be back in Farnham as part of my Level 4 Back Pain Management course. Most of you have already met Ruth as she has kindly covered my classes before.
(Apologies to my Friday clients for all the recent disruption due to school holidays and course dates, thank you for your understanding)
4. The length of the block bookings is to change after the summer holidays. Renewals seem to come around too soon and many people would prefer if the classes ran in line with the school term times. This would also make it easier for me as it would mean less administration and less confusion over class bookings as this would be less frequent. It would mean that the next session, after summer, would cover the schools autumn term and run for 14 weeks. Let me know if this is would cause any problems.

ON GOING TRAINING

I am continuing with my "Lower Back Pain Management" course and hope to complete this before the summer (if all goes to plan). The classes have changed slightly since I have been on this course and they now include more work with the rollers and prickly balls than before. This is called "self myofascial release" and is extremely beneficial, although I know some of you would call it something else!!!!

Believe me, the more you do it, the easier it becomes and many clients have said that they do feel their muscles more relaxed afterwards.

I am also doing another workshop with Alan Herdman on June 15th covering "scoliosis" (curvature of the spine). He is the man who introduced Pilates to Britain in the 60's and has written many books on the subject, so it is always exciting to attend his courses.



Alan Herdman