queen st **pilates** studio

AUTUMN 2013 NEWSLETTER

WELCOME

Hello & welcome to our first Newsletter for 2013! We are looking forward to a fabulous year at QSPS & would like to thank all our loyal clients for continuing to exercise with us so faithfully.
A warm welcome to the beautiful Jennie who has joined our Administration team - we trust that you will love her as much as we do.

MCLAREN VALE & WYNN VALE

Did you know Queen St Pilates Studio also offers Mat classes in McLaren Vale & Wynn Vale? If you know anyone in these areas & they choose to join our classes, you will receive a free class & they will receive a 10% discount!

ART EXHIBITION

The amazing work of artist Carmen Nemet will soon be gracing the walls of our Croydon studio. Please be sure to come past and have a look.

ARBONNE

We are all about your Health & Wellness at QSPS, as a result we recommend the Pure, Safe & Beneficial skin care products unparalleled in quality, Arbonne. The products are available through Leanne our Studio Director, Jaye in Reception & Amy our Studio Manager.
A great way to introduce yourself to these amazing products is through a Swiss Beauty Workshop, held in your home or even at the Studio. If you would like some further information, please have a chat with any of these ladies - they would love to share these beautiful products with you!

2013 OPEN DAYS

We have three Open Days planned to help spread the word of ALL we offer at QSPS - there will be specials on the day for new & existing clients. They are fantastic events to bring along friends & family to, the details are as follows:
CROYDON SAT APRIL 20TH 1pm to 3pm
7-9 Queen St Croydon
WYNN VALE SAT MAY 11TH 11am to 1pm
1 Jubilee Way Wynn Vale
McLAREN VALE SAT MAY 18TH 2pm to 4pm
Unity Hall Main St McLaren Vale

PILATES CERTIFICATION

Imagine doing someting you love for a living.. If you enjoy Pilates, have you ever thought about becoming a Pilates Instructor? Queen St Pilates Studio offers the only Nationally Accredited Certificate IV & Diploma in Pilates Therapy Instruction courses in South Australia.
To register your interest for the next Certificate IV please contact Reception.

MASSAGE, NUTRITION & PHYSIOTHERAPY

We continue to offer a holisitic approach to your wellness at QSPS with our Physiotherapist & our Massage Therapists. Kerri has joined the Massage team & is already achieving amazing results with our clients.
Sharayah Carter, an Accredited Practicing Dietitian, is offering both individual nutrition appointments & group sessions at the Studio. These sessions will be registered with Hiccaps, allowing clients with appropriate cover to recieve a rebate.
Please see Reception to make an appointment with any of these professionals.

7-9 Queen St Croydon, Jubilee Way Wynn Vale & Unity Hall Main St McLaren Vale
08 8340 9966 www.queenstpilates.com enquiries@queenstpilates.com

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EMPLOYEE PROFILE

Each Newsletter we feature a profile of one of our Instructors & this time it is beautiful Amanda.

1. Starsign: Virgo
2. Favourite Book: Set of books written by Katherine Kerr from the Epic Deverry Series
3. Favourite Movie: Love Actually
4. Favourite way to relax: Vegging out with a good book.
5. Ideal weekend: Relaxing, catching up with friends and going to the Wayville Farmers Market on a Sunday morning.
6. Last time made a fool of myself: Thinking that all boats were given names, I was speaking to a few clients who were boat enthusiasts, saying that my Dad had a speed boat called BellBoy. In fits of laughter they informed me that BellBoy was the name of the company that manufactures boats!
7. Favourite holiday destination: Brisbane to visit my sister & her family
8. My aims: To be happy, enjoy life and live each moment to the fullest.

EXERCISE OF THE SEASON

Seated Side Stretch

PURPOSE: To gain and or maintain movement in lateral flexion with pelvic stability. Stabilising with TA/PF in coordination with the breath.

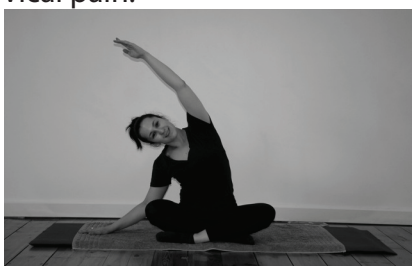
STARTING POSITION: Sit with legs crossed and a lengthened spine. Arms to side with fingers pointing to floor.

DESCRIPTION: Inhale lift one arm above head. Exhale slide other arm along floor so that the spine stretches in lateral flexion, keeping sit bones even on the floor. Inhale hold. Exhale reverse the action allowing arm to float back to starting position. Repeat.

VARIATIONS:

1. Can be done with ankle weights placed on the hip socket so that they anchor the hips to stay in neutral.
2. Can be done with one leg lengthened out to side of body, so that the spine lengthens over extended leg and extend opposite arm onto the bent knee.

PRECAUTIONS: Sacro illiac joint pain, lumbar, thoracic or cervical pain.



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