

Issue Four

March 2007

In this edition.....

- New arrivals and pending pregnancies
- Olympian at the Studio
- Myotherapy Returns
- Staff transitions
- **GYROTONIC®**
- International Presenter

We have had plenty of exciting developments in our little world here at BCPS – and we look forward to continuing to offer the very best service to you, our valuable clients.

CONGRATULATIONS ANNALISA AND STEVE!

We were happy to hear of the safe arrival of Danica Sasmaja, daughter of **GYROTONIC** teacher Annalisa and husband Steve on Friday 16th March. The little bundle of joy weighed in at 7lb 6oz, and from all reports is already looking forward to her first class at the studio!

BCPS SAILS AWAY

BCPS is proud to sponsor 2004 Australian Female Sailor of the year and Beijing 2008 Olympic hopeful Krystal Weir in her campaign to make the Australian team. Check out her website www.krystalweir.com to keep an eye on her sailing exploits here and overseas, as she heads to Palma in April in preparation for Australian qualifying in August.

MYOTHERAPY RETURNS

We are very pleased to announce our new partnership with highly regarded Myotherapist Sam Couzin-Wood and her team at ELITE Myotherapy.



Visit www.elitemyotherapy.com.au for an easy-to-use online booking system, 24-hours a day for a booking or call **03 9826 2006**. Under ELITE, Liz Astling is providing the very best in Myotherapy, and is available for treatments on **Mondays, Fridays and Saturdays. Wednesdays available soon.**

ELITE Myotherapy has a unique approach to their treatment philosophy that has seen them become the trusted therapists to Essendon Football Club, Melbourne Storm, The Australian Ballet, The Australian Sprint Kayak team, and working at The Sydney and Athens Olympics, The Melbourne Commonwealth Games, the International Women's Tennis Tour and the Australian Open Tennis.

The ELITE philosophy is a simple one – *“we like to educate our clients on how their bodies – and specifically their muscles – function. We teach our clients techniques to empower them to be able to live the lifestyle they choose, always striving to find the cause of pain”.*

Sam is a big advocate for the benefits of Pilates and that's often where you will see her in the studio in her spare time!

What is Myotherapy?

Myotherapy (muscular therapy) is concerned with the assessment of muscle injury and dysfunction; it utilizes the application of various techniques (deep tissue massage, stretching, dry needling etc.) to treat pain. The aims of Myotherapy treatment are to restore or maintain normal muscular integrity, strength, flexibility, and decrease pain.

How can the ELITE Team help you?

If you have any niggling pains that are affecting your lifestyle then get on top of them early and find the source of the problem before it leads to larger problems. Feel free at any time to approach any of the ELITE Team, for a no obligation assessment and treatment opinion.



MYOTHERAPY OFFER.

Every time you purchase a block of Pilates studio classes you will receive a free 15 minute Myotherapy consultation as our way of saying thanks for your ongoing support.
Valid until end June 2007

STAFF TRANSITIONS

We are moving through a transition period with staff here at the studio. Our longest standing teacher **Briana** is moving on to greener pastures, beginning with a well-earned holiday to the UK. We wish Briana all the best in her future endeavours. Pilates Physiotherapist **Kylie** is also unfortunately leaving us to focus more on her studies into women's health, and will progress to her masters later this year. **Kim** will finish up for her maternity leave in mid-May as well, an exciting time as they bring their second child into the world.

Each of these teachers, with their wealth of expertise and Pilates experience, will be sorely missed and we would like to take this opportunity to thank them for all their hard work during their time at the studio.

We welcome the following team members:

- **Tanya Cates**, an exercise-physiologist and La Trobe University lecturer who brings experience from the fitness, rehabilitations and sports arena.
- **Jo Wall**, an elite-level middle distance runner and new-grade physiotherapist who originally taught Pilates in Geelong; and
- **Zac Jones** ex-dancer who graduated from the Australian Ballet School and has since gained his black-belt in Aikido.

QUOTE OF THE MONTH:

“This exercise will be good – I'll be able to get back into my high heels!” (Moir, aged 66!)

GYROTONIC®

With Annalisa's recent arrival we have reshuffled the structure of the **GYROTONIC** at the studio. We now manage all bookings and payments through Karen at the front desk. Nic Psarros from 'The Movement Refinery' in the city will be teaching until Annalisa's return. **GYROTONIC** sessions are \$80 per session or \$75 per session if you purchase a block of 10.

NEW WELCOME PACK

We are set to go to the printers with our new '**WELCOME PACK**' – jam-packed with information and give-aways at the studio. If you have a local business and would like to let everyone know about it, put together your 'discount of the month' and we'll gladly include it.



OBÀ OBÀ FOR MEGAN

After another 'Great Great' lecturing tour of Brasil in January this year, Megan returns there again in August and December to keep spreading the international word of the benefits of Pilates and Physiotherapy with BCPS.

PAUL MCLINDEN WORKSHOP TOUR

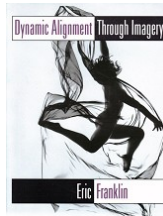


We have just completed another successful international presenter tour with UK teacher Paul McLinden. He presented weekend workshops in

Perth, Brisbane, Melbourne and Sydney and was well received with his vast experience in dance and movement fields over many years.

FRANKLIN METHOD WORKSHOPS

No more Switzerland trips for Bruce this year as this year's focus is on domestic Franklin Method workshops. We have started the year with workshops in Brisbane and Canberra and will return there later in the year, as well as travelling to Adelaide for the first time. Check out the website for further details of these workshops introducing the wonderful world of Imagery.



PRIVATE HEALTH INSURANCE COVER AVAILABLE

A reminder if you were not aware: A number of Private Health Funds now include Pilates as a recognised preventative exercise method. **This may qualify you for a rebate** on your standard Pilates classes, not only under the already accepted services of a Physiotherapy/Pilates session. This is only available with NRMA, SGIC, SGIO Health and MBF policies. Ask next time you are in the studio whether this applies to you to help manage your financial commitment to your body.

REAL-TIME ULTRASOUND IMAGING



A growing number of clients are seeing the benefits of this new Physiotherapy technology. The machine enables us to view a precise picture of the **deep stability muscles of the trunk** to accurately assess their health and function, and this allows even more specificity with our tailored Physiotherapy rehabilitation programs. Take

the opportunity to check out with your own eyes exactly what those muscles are doing!

CLIENT ANNOUNCEMENTS

Exciting news for Jen M. and Tim S. who tied the knot on Sat. 24th March, and Melissa B. with her husband said the magic 'I do!' on Sat. 24th Feb.

Also to new parents Elizabeth M. and her husband congratulations on the safe arrival of Isabel Ava.

GIVE THE PEOPLE IN YOUR LIFE A BIT OF VIVE+!

Give a copy of the 2006/2007 **Vive+** booklet to a friend and both of you will receive a **free studio session** when your friend purchases any Pilates package at BCPS. Pick up a booklet, with the voucher inside, next time you're at the studio. We value your ongoing recommendations to friends, family and colleagues!



TAKE PILATES HOME WITH YOU

If you are looking for other gift ideas of loved ones or something special for yourself, we have a range of Pilates equipment available. Mention this newsletter and we'll offer you a **10% discount** on any merchandise purchase. Offer valid until the end June 2007.



KAPAI PUKU – THE SEED OF LIFE



(or "birdseed" as we affectionately call it)

Next time you are in the studio have a chat with Tessa about the next-best thing for your health in Kapai Puku!

Tessa has been distributing this wonderful seed product after discovering the benefits for herself. Regular servings can make the world of difference to your **digestive system**, and is a great healthy idea for a gift for any time of day. Take a sample pack next time you are in the studio.

SPECIAL BEAUTY DEAL

Mention Balance & Control Pilates Studio with your next hair cut, style, or beauty treatment at **Darebiyoshi** in Bridge Road for a 10% discount! Contact: Kelly or Belinda - Darebiyoshi Hair & Beauty. 495 Swan St., Richmond. Phone: (03) 94285846.



CANCELLATION REMINDER

Please remember that appointment times are precious, especially during peak times! If you need to cancel or reschedule, please give us **24-hours notice** to enable us to offer your booking to another keen body! You will be charged full rate for cancellations made with less than 24 hours notice.



Until next time – look after yourselves and your bodies!

From the team at Balance & Control Pilates Studio

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