

Happy new year to all!  
Here's hoping everyone had the best festive season!

Of course many of you were not that far away. The studio continued to bustle over the Xmas and New Year period while many of us were sitting feet up, elsewhere!  
Many thanks to Kasia, Holly and Vrinda for working over the xmas new year period and congratulations to all those who continued their sessions!

In 2016 *das Studio* will be offering around 75 studio sessions! We now have a list of thirteen staff who are passionate about and committed to the Pilates method. Each of our instructors bring their own individual style to the studio which is something I encourage and embrace!! Each person's style will be shaped by their own individual experience of Pilates: the doing, the teaching, the reasons for doing and the reasons for teaching for each instructor will be slightly different. Thank you to all our clients for being open to occasional changes to the teaching timetable as we accommodate our instructors on their other exciting pursuits!

Welcome back to our instructors returning this year:  
Kasia Lynch, Holly Durant, Elizabeth Lee, Emma Kate Hitchcock, Vrinda Fernando, Bianca Evans, Lissie Fiddian, Beth Mc Cann, Sam Deasy and of course myself, Helen Saniga.

I would also like to welcome to our teaching group:  
Alex Andrews, Chloe Chignell and Erin Cook.

You will also be seeing quite a bit of Lilikoi Olsen around the studio. Lilikoi is with Circus Oz and has been coming to *das Studio* to rebuild strength and range following a shoulder injury. She has just enrolled in the Diploma of Professional Pilates Practice and will be with us at *das Studio* completing her practical hours. We are very excited to have our first "trainee"! You may also notice another young trainee, Rachel Saniga, my niece, who is also intending to undertake the training course.

I would like to take this opportunity to wish Laurinda Croft a fabulous few months of working with The Melbourne Fashion Festival and Comedy Festival to help bring those events to life!  
We look forward to having her back at *das Studio* later in the year.

Big congratulations to Sam Deasy on the birth of their gorgeous baby boy, Sebastian.  
We will be seeing Sam back at our studio very soon!

Many, many thanks to Rianda Mills for covering the Monday morning classes in Holly's absence. I know that those clients felt very lucky to have such an intuitive and generous instructor. We thank Rianda for her brilliant work.

Finally, I would like to say a welcome to our small army of "reception" who do a terrific job of attending the front desk and taking care of front-of-house matters. Tomi, Monday nights, Ruby/Chloe Thursday nights, & Stanys Saturday mornings. Please make yourselves known to them, as they will to you. Thanks also to Rudi Saniga for keeping our studio spick and span.

In other exciting news, *das Studio Pilates* will be an official sponsor of the Fitzroy Football club in 2016!

So, to all our clients, staff and friends, a very warm welcome back to *das Studio Pilates* in 2016.

happy breathing!!  
Helen