

Happy end of year to all das Studio Friends

Now, don't forget that das Studio Pilates is only closing for the main days over Christmas and New Year! Yes, that's right! You can join a studio session from 28th December and again from the 3rd January. The studio is running on a "skeleton" timetable over the next three to four weeks. Regular bookings are suspended over this time which means that if you are around and do want to come you will need to book into one of the available sessions . I have left a form out for all clients to complete regarding their requirements however I am also busy texting to confirm your holiday plans and session times. I will also be contactable by text over the next couple of weeks. I am hoping that the transition back into our regular schedule when both instructors and clients all start back will be as smooth as possible!!! Please accept my apology in advance if there is any hiccup .

So, 2016 has been a biggie for so many of us!! On this day in December I am very happy to finally see the sun shine and feel a hint of the summer to come.

For many of our clients who have endured a myriad of personal challenges; hip replacements , knee, spine and other surgeries, broken and fractured bones, a range of treatments, babies born, ongoing personal and family crises, it has been a year of turbulence and in so many instances happy outcomes, resolution and peace. I am proud that our studio has been able to offer you support, an environment of care and in some cases sanctuary . Your resilience and commitment has been an inspiration to all of us.

I observe, as do all of the instructors, the continuing progress of all clients. It brings us much joy and satisfaction to be able to see clients enjoying the outcomes of their sessions, improving their stability, balance, co ordination, strength, mobility and addressing postural issues that evolve from work and habitual patterns. It is your dedication and effort that achieves this. As instructors we can teach, facilitate and inspire but our eloquence at instructing is encouraged by your commitment and involvement.

This year we have welcomed some new instructors who have done such a brilliant job at building a great level of rapport with both clients and staff alike. Many thanks to Lissie, Beth, Erin, Alex, Emma Kate, Vrinda and Edwina . Our ongoing instructors, Kasia, Holly, Liz, Sam, Naree and Laurinda for their continued expertise and experience. I am very, very proud of all our instructors. They are a team of professionals who take so much interest in the well being and progress of all clients.

Many thanks to all teaching staff who have continued to offer such diverse and considered sessions to our growing community of enthusiastic clients. Again I would like to state that das Studio Pilates embraces and encourages the personal pursuits of our staff. Many of the instructors have "other" things that they do and I believe that the ability to continue to create, pursue and fulfil personal endeavour only embellishes and enriches their experience and by extension the energy they bring back to the studio. In the meantime we all have the added bonus of a "fill in" teacher, with a different set of cues and another set of eyes!

All das Studio staff are hungry for knowledge and commit to hours of additional training, workshops, study and dialogue in order to inform their teaching and benefit not only all of you our clients, but each other as well. This year we have held two "in-house" training workshops. Elizabeth Hewett, with her wealth of knowledge from teaching Pilates at The Australian Ballet hosted an afternoon on teaching Pilates to dancers. Sara Colquhon, a great mentor, teacher and Pilates Practitioner for many of us, recently ran an afternoon on Pilates for Men.

In addition, all of our staff have attended a myriad of workshops presented by local and international experts including on the topics of Scoliosis, Dancers Hip, Shoulder, Pelvic floor, post breast surgery, connecting shoulder and many more. I am sure many of you have enjoyed the application of this knowledge in your sessions. Most recently, I know quite a few of you have been enjoying our exciting foot work repertoire using elastic bands!

This year das Studio Pilates became an Workplace Experience Facilitation Site for the Pilates International (Sydney) Diploma of Professional Pilates Instruction. I thank all, both clients and instructors for embracing our students, Rachel , Lilikoi, Edwina and Georgina in their pursuit of attaining their qualification to teach Pilates. The course is delivered on line and the students travel to Sydney for a few weekends to enhance their studies. I am happy to chat with anyone who may be interested in undertaking the course.

I also thank all of you for your involvement, interest and support for our inaugural calendar. Our 2017 calendar, featuring 12 of our many dedicated male clients. I will be proudly handing over the proceeds to Parkinson's Victoria in the New Year.

PLEASE, PLEASE, IF YOU HAVEN'T ALREADY PURCHASE YOUR CALENDAR THIS WEEK BEFORE YEAR END!!! ONLY \$25 !!

There is plenty of other news. Please take a peek at our *das news* on the website !! The page was produced by Ruby and Lola who recently joined us from Melbourne Girls College on work experience.

many thanks again to you all , instructors , clients and ancillary staff alike for inspiring such a strong sense of community at das Studio Pilates. Have a safe and joyous festive season and I look forward to seeing you all back safe and sound in 2017! (or before !)

Helen Saniga
director *das Studio Pilates*