

W PILATESSTUDIO GSTAAD

THE PILATES GAZETTE

The Swiss Pilates Association - Der Schweizerische Pilates Verband

The word "Pilates" is unprotected in Switzerland. This means that anyone can go out and teach the Pilates Method. If however, you have had the good fortune to have experienced a real Pilates class, you are the lucky one. You will know from this experience what a difference a good Pilates class, with a professional fully qualified Pilates teacher, can make to your body and general wellbeing. It's total nonsense to think that the detail, precision and depth required to teach the Pilates Method correctly and safely can be achieved in a one weekend teachers workshop.

Having worked since 1986 as a Pilates teacher in London, I saw several ups and downs in the Pilates world. Not until the Pilates Foundation UK was set up in 1996 did things really begin to change. Clients and prospective teachers alike had a point of reference and a sense of quality control. The existing Pilates community was brought together with regular workshops presented by guest teachers from all over the world. Why not have something similar in Switzerland?

Having moved to Switzerland with my young family, I found a very different scenario. All the studios were working seperately. My studio in London had been a busy place with lots of teachers and clients, I missed the interaction of my collegues. So I started bringing over English Pilates teachers to give workshops. The feedback was very positive and the need for an organisation became more obvious.

The "Schweizerischer **Pilates** Verband" was set up on paper, and all the legal work (articles of memorandum/Statuten) were written and logged with the relevant goverment office just over a year ago. Since then, the board has continued it's hard work. This year a website has been set up, membership is slowly growing and hosted two workshops. The general public has started using us as a referral system and we have daily mail about Pilates. The progress is slow but very encouraging. Our standards are set high as we aim to provide a seal of quality. Many Pilates teachers are currently unable to join us on this level but we are trying to support genuine prospective members by creating bridging courses to enable them to raise their standards.

So where do we go from here? Our next big workshop is already booked for 15-16 May 2010, and the website is due for a make-over. We are trying to gain accreditation from the Swiss health insurance companies, raise public awareness and coordinate Pilates Teacher Training Programs to enable a more transparent vetting system for potential members in the future. So there is plenty to do.

How can you help?

Make sure that you only take Pilates classes with a SPV member. This gives you the guarantee of a qualified teacher. Tell your friends about us too. The more people that know the safer you are as a client, and it also protects qualified Pilates teachers and the Pilates Mehtod. You can also make a donation or sponsor the Swiss Pilates Association. Our board members spend a huge amount of time and effort working for the SPV, all on a voluntary and unpaid basis.

Many thanks for your interest.

Nicola Preisig President Schweizerischer Pilates Verband Postfach 510. CH - 8702 Zollikon www.schweizerischerpilatesverband.ch

The Pilates Studio Gstaad

The Pilates Studio Gstaad is proud to be a full member of the Swiss Pilates Foundation. All our instructors strive to uphold the foundations strict code of conduct, guaranting the highest level of Pilates instruction, and protecting the Pilates Method.

Natasha Lutz is also an approved SPV Pilates Instructor Trainer offering fully comprehensive, mat-work and bridging apparatus courses. Natasha will also be presenting SPV Instructor Workshops for SPV members and non-members wishing to continue their Pilates education.

For more information please visit: www.pilatesgstaad.ch



Schweizerischer Pilates Verband www.pilatesgstaad.ch

In order to understand the importance of stretching, one must look at the benefits that a regular stretching routine provides:

- Increased flexibility in the muscles and range of motion in the joints: as we age our flexibility decreases as our muscles tighten and the range motion in our ioints diminishes. Flexible muscles and joints allow you to perform daily tasks with ease that we once took for granted. For example, tasks such as picking things up from the floor, bending to tie your shoes or zipping a dress are difficult to perform with limited flexibility. frequent stretching program can make simple tasks like these easier to perform.
- Improved circulation: stretching increases blood flow which means that more nutrients are brought to the muscles and joints. The increased circulation also eliminates waste products from the muscle tissue. Therefore improved circulation can help shorten recovery time following muscular injury.
- Better posture: chronically tight and tense muscles can contribute to poor posture.

Performing frequent stretching can prevent this muscular tightness which consequently balances your alignment. In turn, good alignment allows you to maintain proper posture. With correct posture, there are less aches and pains in the body and an improvement in our appearance.

Relaxation: Stretching is great for the mind and body! Stretching combined with deep breathing allow you to release tension and stress from the body and mind. This is beneficial as stress often manifests itself muscular tension within the body (e.g. neck pain and headaches are often a result of stress causing tightness in the neck and shoulder muscles). Stretching can give us that sense of well-being and is a nice break from our hectic lifestyles.

If you attend Pilates regularly, you are in fact stretching frequently during a lesson. This occurs in three different ways. The obvious is that you perform static stretches where you gently assume a stretch position and hold it for 30 to 60 pretzel gluteal seconds (e.g. stretch). Secondly, you perform passive stretching which

basically the same as static stretching. However you aren't the one supplying the force to stretch the muscle, your instructor or the Pilates apparatus does (e.g. hamstring stretch with the instructor). Finally, with each movement you perform during a lesson (e.g. standing roll down) you are increasing your overall flexibility by mobilising the spine and other joints.

There is no such thing as a good or bad stretch! Rather a stretch that may be suitable for one individual's requirements and capabilities may not be suitable for another. Technique is also an important factor. If you stretch with the correct technique, your stretches will be more effective at increasing flexibility and you can prevent injury occurring while stretching.

If you are interested in learning how to stretch effectively and safely you can sign up for our *Stretching Workshop on Sunday 17th January 2010*. Your instructor will teach you the guidelines for effective static stretching in addition to teaching you stretches that you can perform at home. This workshop is suitable for all levels of flexibility.



The Pilates Studio Gstaad Online www.pilatesgstaad.ch

The Pilates Studio Gstaad is proud to have launched its new website!

Thanks to Gabriele Bryant from *Blum,Bryant* marketing and Nicolas Kyramarios from *MEDIAparx* internet design our dream of being online has become a reality.

Our website features informative up to date information about the Studio and our Instructors, Client Workshops, Instructor Programs and Workshops, the Pilates Method, Galileo Vibration Training and much more.

We encourage you and your friends to visit our website and look forward to your feedback.



Winter Studio News

Winter Opening Hours and Instructors

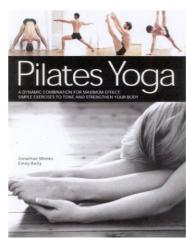
During the Winter season, The Pilates Studio will operate 7 days a week (except Public Holidays). If you will be in Gstaad during Winter then it is always advisable to book your appointments in advance to avoid disappointment.

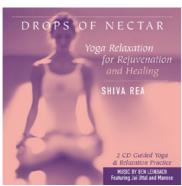
Our instructors for this Winter will be Lauren Young and Habiba Benhaib. They will also be joined by Ben Palumbo over the Christmas/New Year period. Habiba and Ben's biographies can be found on pages 4 & 5 of this edition.

New Books, CDs, DVDs and Clothing SALE

We are now stocking a new range of books, DVDs and CDs. Our extensive range includes yoga books for the novice or experienced yogi, meditation/relaxation CDs and portable Pilates books with an accompanying CD ideal for frequent travellers.

Don't forget to also check out our clothing SALE the next time you drop in for a lesson. There are great savings on both our Dimensione Danza and Lounge Lover lines.





Christmas Charity Week

Due to the overwhelming success of last year's charity week we will be running it again from 14th to 20th December. When you visit the Studio during this week please nominate your favourite charity. CHF5 from each private session that week will be donated to the one charity selected on behalf of the clients of The Pilates Studio Gstaad.

Winter Workshops

This Winter season, The Pilates Studio Gstaad will run a series of workshops: Stretching and Mobility, Introduction to Galileo Vibration Training and Pilates at Home.

Stretching & Mobility

Sunday 17th January 2010 15.30-16.30 Whether you would like to learn more about how to stretch appropriately or you are just in need of a good stretch after a long week on the slopes, this is a wonderfully relaxing workshop to join in! (See page 6 for more information)

Introduction to Galileo Vibration Training

Sunday 14th February 2010 15.30-16.30

This workshop is extremely useful for anyone who owns their own vibration machine or who is interested learning about, and possibly commencing vibration training.

(See page 7 for more information)

Pilates at Home

Sunday 14th March 2010

15.30-17.30

The final workshop in our Winter series is a two hour workshop designed to teach you how to continue your Pilates workouts even when you are travelling or unable to make a session at a Studio. During this workshop, the instructor will teach you mat exercises and how to incorporate props such as the swiss ball, theraband, foam roller and overball.

(See page 8 for more information)

If you would like to register, or require any further information about any of the above workshop please contact the Studio on +41 (0)33 744 10 81.

Christmas Gift Suggestion

Why not treat a friend or loved one to the gift of health and wellbeing by giving them a Pilates or Galileo gift voucher. Gift Vouchers personalised depending on your requirements.







HABIBA BENCHAIB Biography

Habiba Benchaib is a fully certified Pilates Instructor (Certificate IV at Pilates International Sydney, Australia) with 5 years teaching experience, and is qualified to teach beginners, intermediate and advanced clientele. During her teaching career she has worked with clients of all ages and levels of ability, including clients with Scoliosis (with an emphasis on working with teenagers), Myopathy, pre and postnatal women, as well as Osteoporosis.

Prior to teaching the Pilates Method full time, Habiba worked as a flight attendant for 18 years. It was during this hectic and stressful lifestyle, that involved a lot of traveling and heavy lifting, that she learned the importance and value of a regular Pilates routine to help maintain a strong healthy back/spine, as well as all over body wellness.

Habiba has personally practiced yoga and Pilates for the past 15 years, and has lived for many years abroad, in England and Asia, where she also trained and worked as a Boxing Instructor. She is fluent in English, French and Arabic, and has recently returned to Europe to pursue her career in the Pilates industry.

Habiba is an effective, calm, compassionate instructor, with a broad knowledge of the human body and movement techniques. Her attention to detail ensures her clients get the most out of their bodies, and her continual encouragement ensures clients an experience that they will keep coming back for. She is passionately dedicated to the importance of the Pilates Method as a preventive movement therapy for body maintenance, improving body awareness, posture/muscular-skeletal alignment, strength, flexibility, and co-ordination.

In addition to teaching Pilates Habiba enjoys boxing, watersports, travelling, and reading.

We are pleased to announce that Habiba will be joining us at *The Pilates Studio Gstaad* for Winter 2009/2010

Pilates and Galileo appointments with Habiba are available from the 14th December 2009

Advanced reservations are recommended +41 (0)33 744 10 81 info@pilatesgstaad.ch





Ben Palumbo Guest Instructor

We are pleased to announce that during this Winter season Ben will be joining The Pilates Studio Gstaad, at various times, as a Guest Pilates Instructor. Ben's background in performing arts, along with his extensive Pilates knowledge, makes his classes an experience you won't want to miss.

Ben Palumbo is a fully certified Stott Pilates Instructor with 5 years teaching experience and is qualified to teach clients ranging from beginners, post rehab, to advanced and athletes.

Biography

After teaching himself to do a back flip at the age of 8, Ben's mother decided to enrol him in Gymnastics classes before he broke the furniture or worse his neck!

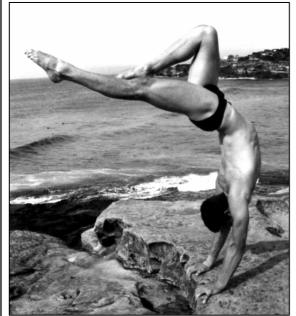
Having competed nationally, and winning the state championships in 1997, Ben took a slight change in his physical interests after becoming involved in acting and singing at high school. At the age of 18 he successfully auditioned for the National Institute of Dramatic Art - Australia's highest acting institution. When offered an opportunity by one of Australia's leading physical theatre companies to combine his two passions into one, Ben spent the next two years performing with Physical Theatre and Circus companies in Australia.

Career highlights saw Ben perform as an ariel artist on the side of a 38 storey building for the Sydney Olympics Arts Festival as well as being one of the first aerial characters to fly across Sydney Stadium for the Sydney Olympics Opening Ceremony. After a stunt double appearance for the Zidler character in the film Moulin Rouge plus an audition for world renowned Cirque du Soleil which saw him shortlisted for further castings, Ben put further physical career plans on hold after suffering a back injury.

It was during this time he first discovered the Pilates Method in Brisbane, Australia, in conjunction with Physiotherapy. It was this first contact which really allowed Ben to understand the importance of deep core stabilisation and activation of the muscles which are difficult to "feel" but play an extremely important role in human movement.

After changing his career in circus and physical theatre, to become a Personal trainer, Ben worked for an outdoor personal training centre where clients enjoyed the benefits of training in beautiful parks with water front views on the doorstep of Sydney harbour.

In 2004 Ben joined Elix'r health club in Sydney where he was sponsored to complete the STOTT Pilates full certification and hence became a fully certified instructor. Ben has since completed various workshops in Pilates, as well as participating in classes run by physiotherapists specialising in treating people with back pain.



Ben's teaching style is encouraging yet firm, with astute attention to detail and technique.

Ben currently lives in Lausanne, Switzerland, where he has learnt to speak French and works as a personal trainer and Pilates instructor.

Pilates and Galileo appointments with Ben are available on the following dates:

26 & 27 December 2009

2 & 3 January 2010

Appointments are limited so advanced reservations are recommended +41 (0)33 744 10 81 info@pilatesgstaad.ch



GSTAAD



STRETCHING AND MOBILITY WORKSHOP

The first workshop in our Winter series is a Stretching and Mobility workshop designed to teach you how to stretch effectively. The teacher will emphasise the key points for performing an effective stretch as well as guiding you through a full body stretching routine that you can perform at home.

Stretching provides the following benefits:

- Increased flexibility in the muscles and range of motion in the joints
- Improved circulation
- Better posture
- Decreases aches and pains in the body
- A form of relaxation

This workshop is suitable for all levels of flexibility. Whether you would like to learn more about how to stretch appropriately or you are just in need of a good stretch after a long week on the slopes, this is a wonderfully relaxing workshop to join in!

DATE/TIME: Sunday 17th January 2010

15.30-16.30

LOCATION: <u>The Pilates Studio Gstaad</u>

The Gstaad Palace Hotel SPA

3780Gstaad

PRICE: CHF 60.00 (Includes Information Handout)

REGISTRATION: Required by Wednesday 13th January 2010

ADDITIONAL INFORMATION:

- This course is limited to 7 participants. This ensures each participant receives personalised attention
- Basic English language skills are required as instruction is given in English

To register or for more information please contact:

The Pilates Studio Gstaad

Gstaad Palace Hotel SPA Telephone: +41 (0)33 744 10 81 Email: info@pilatesgstaad.ch



GSTAAD



INTRODUCTION TO GALILEO VIBRATION TRAINING

The second workshop in our Winter series is an Introduction to Galileo Vibration Training. During the workshop you will learn the science behind vibration training, its benefits and how to operate the Galileo. You will also complete a full workout on the Galileo.

During vibration training, our muscles are stimulated to work involuntarily. This is different to regular exercise (i.e. weight training) where we must voluntarily activate our muscles. Therefore our bodies experience a number of added benefits from vibration training:

- Improved muscle strength, muscle definition, balance and coordination
- Increased metabolism and circulation
- Increased bone mineral density
- Activation of the body's "core stability" muscles (e.g. abdominals, pelvic floor muscles etc)

This workshop is extremely useful for anyone who owns their own vibration machine or who is interested learning about, and possibly commencing vibration training. Vibration training is not suitable for all medical conditions (e.g. epilepsy, recent bone fractures, pregnancy etc). If you are unsure whether you can participate in the workshop, please speak to one of the instructors at The Pilates Studio Gstaad.

DATE/TIME:

Sunday 14th February 2010

15.30-16.30

LOCATION:

The Pilates Studio Gstaad
The Gstaad Palace Hotel SPA

3780Gstaad

PRICE:

CHF 60.00 (Includes Information Handout)

REGISTRATION:

Required by Wednesday 10th February 2010

ADDITIONAL INFORMATION:

- This course is limited to 6 participants. This ensures each participant receives personalised attention
- Basic English language skills are required as instruction is given in English

To register or for more information please contact:

The Pilates Studio Gstaad

Gstaad Palace Hotel SPA Telephone: +41 (0)33 744 10 81 Email: info@pilatesgstaad.ch



GSTAAD



PILATES AT HOME WORKSHOP

The third workshop in our Winter series is a two hour workshop designed to teach you how to continue your Pilates workouts even when you are travelling or unable to make a session at a Studio. To consistently experience the benefits that Pilates offers it is recommended to continue your training on a frequent basis. Therefore even if you aren't in Gstaad all year round you can still continue your training.

During this workshop, the instructor will teach you mat exercises and how to incorporate props such as the swiss ball, theraband, foam roller and overball. You will be taught the key points to pay attention to while doing the exercises. The instructor will also recommend books or DVDs that may also enhance your training experience at home.

This workshop is suitable for individuals that travel frequently, would like to supplement their Pilates training by working out at home, understand the exercises in more depth or find it difficult to make it to a Studio due to other commitments.

DATE/TIME:

Sunday 14th March 2010

15.30-17.30

LOCATION:

<u>The Pilates Studio Gstaad</u> The Gstaad Palace Hotel SPA

3780Gstaad

PRICE:

CHF 120.00 (Includes Information Handout)

REGISTRATION:

Required by Wednesday 10th March 2010

ADDITIONAL INFORMATION:

- This course is limited to 7 participants. This ensures each participant receives personalised attention
- Basic English language skills are required as instruction is given in English

To register or for more information please contact:

The Pilates Studio Gstaad

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