



The Pilates Studio Gstaad

Yes it's true! After over 12 months of speculation I can finally announce that my new studio; The Pilates Studio Gstaad, will officially open mid December 2007.

The studio is based in the beautiful new SPA complex at the Gstaad Palace. An experience you can't afford to miss!

Imagine working out in a spacious, light filled room, while gazing out at some of the most spectacular views available in the Saanenland Region.

Having the use of proper changing rooms and toilet facilities.

Being able to relax in comfy sofas with a refreshing drink while waiting or recovering from your class.

Working out on brand new Stott Pilates machines, including the fabulous

Cadillac!

Due to it's size, extra equipment and improved facilities, The Pilates Studio Gstaad will become my main studio. Offering Private Classes, all Group Equipment Classes, and will be introducing Mat-work Classes, Private Galileo Classes, and Private Pilates/Galileo Combo Classes.

Pilates Physical Exercise, based in Chalet Bärbeli, will only be available for Private Pilates Classes, and during the quiet months will be open limited hours.

I know there are some of you who feel uncomfortable about trying the new studio due to its location. This issue has been discussed at length with Andrea Scherz, owner of the Gstaad Palace, and was taken into consideration when designing the Spa's layout.



Gstaad Palace: view over looking the new SPA complex.

As such I am happy to say that with the Spa's **separate entrance**, relaxed **Zen atmosphere**, access to adjacent **underground parking facilities**, and the **studio's location** within the Spa, your need for **casual attire and privacy** has been maintained.

Anyone with any questions or concerns regarding the changes in classes and venues are welcome to telephone:

(033) 744 10 81

or email:

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Everybody say goodbye & then say hello

As the title suggests its time to say *goodbye!* Goodbye Gemma!

Unfortunately, due to family reasons, Gemma will be finishing on 15th October and returning to Australia.

I'm sure you will all share with me in wishing her all the best in the future.

However, there is no need to panic! As fate would have it I have been lucky enough to secure another amazing teacher; Lauren Young.

Lauren has a **Bachelor of Applied Science in Human Movement Studies** from the University of Queensland in Australia, and completed an extra year of studies, specializing in **Exercise Science**, to graduate with an **Honours Degree**.

Lauren is a fully qualified **Stott Pilates Instructor**; Stott Pilates training is recognized throughout the world as offering one of the best

Pilates Training Programs.

Since graduating Lauren has been employed by the University as an Exercise Physiologist, Pilates Program Coordinator and Pilates Instructor.

Along with her outstanding qualifications and experience, Lauren will also be able to offer you classes in either English or French!

I am very excited that Lauren will be joining us, and that I can continue to offer you Pilates instruction of the highest possible quality.

So join me in saying Hello Lauren!

The Pilates gazette

" You say goodbye and I say hello
Hello Hello
I don't know why you say goodbye, I say hello " The Beatles

Introducing the - "Galileo" & Whole Body Vibration

Whole body vibration is not a new concept. The first experiments and research on vibration technology were carried out in Eastern Europe during the 1960's.

In the 1970's Russian scientists developed the technology further to counter-act the loss of muscle strength and bone density experienced by their cosmonauts during space missions.

Then in 1983, Novotec Medical, based in Germany, starts researching whole body vibration, and develops the "Galileo System". 13years later; 1996, they produce the worlds first commercial 'side alternating' vibration machine.

Since then other manufacturers have started producing vibration platforms, but due to Novotec's patent, the unique 'side-alternating' function of the Galileo cannot be copied.

How Does It Work:

During conventional training our muscle movements are voluntary, however when using vibration training our muscles are stimulated to work by the involuntary stretch reflex (ISR) and are controlled by the spinal cord. This is the same as the patella reflex, which we see when the doctor taps the patella tendon below the kneecap and the lower leg moves upwards without the brain being able to prevent the movement. Because the muscles are activated in such a way we get a number of benefits not seen with regular exercise.

The Benefits:

- Improves muscle strength and tone.
- Increase overall muscle performance.
- Increased oxygenation in the blood.
- Increases blood flow helping to warm/cool muscles before/after exercise reducing the risk of injury.

- Activation of the body's 'core stability' muscles helps improve posture.
- Increases flexibility and range of movement.
- Improves balance and coordination.
- Increased bone mineral density.
- Reduces stress by lowering levels of cortisol; the stress hormone.
- Elevation of Human Growth Hormone, helps repair and regenerate muscle tissue.
- Stimulates the neuromuscular system and helps to deepen and redevelop the neuromuscular pathways.
- Improved lymphatic flow, helps flush lactic and amino acids from the body.

For more information visit:
www.galileo-training.com

Galileo Private Classes will be available at The Pilates Studio Gstaad.

The Galileo is medically certified; made to the safety standards and regulations as set out by the European Medical Devices Directive.

Are you a Lounge Lover?

Lounge Lover - Soft, feminine, and sport-chic collections, created by Belgium born designer Sylvie Gabriel.

Like most of us, Sylvie was leading a hectic life, and was desperately looking for some comfortable clothing that she could wear for lounging, without her French husband, Frédéric, asking her "Don't you have anything sexier to wear?"

She soon realised that there was no such thing. So pregnant with her first babygirl, Luna, she decided to give her business idea a chance, and in 2004, 'Lounge Lover' was born.

Sylvie's collections are based on 3 elements:

Soft - soft fabrics create the sensation of well being that is necessary to relax.

Feminine - feeling gorgeous and seductive boosts your self-esteem making you feel happy and serene.

Hip - being fashionable makes you feel glamorous and on top of things, and there's nothing wrong with that!

Currently in stock -

The Autumn/Winter Collections

"Luna" & Essenza".



Sylvie Gabriel - "Live Life in a beautiful, relaxing and joy giving way"

Reviews—Books & DVD's



Keine Zeit fürs Fitness-Studio?

Brooke Siler, die Trainerin der Stars in New York, hat mit ausführlichen Step-by-Step-Anleitungen und einzigartigen Visualisierungstechniken ein Pilates-Workout für zu Hause entwickelt, das sich ganz einfach umsetzen lässt. Bereits nach 10 Sitzungen spürt man an Bauch, Beinen, Hüften und Po den Trainingserfolg, nach 20 Sitzungen sieht man ihn und nach 30 hat man einen neuen Körper.

Siler, Brooke (2003) "Schlank und schön mit Pilates"
Verlag: Goldmann

Currently in stock

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