



Pilates Christmas Charity Week

This Christmas, *The Pilates Studio Gstaad* would like to spread the goodwill of the Festive Season by conducting

a: **Pilates Christmas Charity Week**

15 -21 December 2008

During this week, the Pilates Studio will donate CHF5.00 from each Private Class taught to charity.

When you attend a Private Class during the *Pilates Christmas Charity Week* you will

be given the opportunity to nominate a charity of your choice. Then on Christmas Eve we will draw one of the nominated charities out of a hat and the all of the money raised during the *Pilates Christmas Charity Week* will be donated to the selected charity.

We would like to encourage you to play your part in spreading the 'Christmas Cheer', by booking Private Classes during our charity week so that we can raise as

much money as possible for charity.

Encourage your friends to participate as well, and at the same time as contributing to a good cause, you will be able to get fit, stay healthy and look great!

All the money raised during the *Pilates Christmas Charity Week* will be donated on

behalf of:

"The Clients of The Pilates Studio Gstaad"

Pilates - a historical look at the man behind the method

by Simonne Smiles

Part Two:

(Continued from Issue 5, Autumn 2008)

After the war Pilates returned to Germany and took a position training self-defence to the Hamburg City police.

In 1925 he was invited to train the new German Army; however, he disagreed with Hitler's political vision and declined, deciding instead to leave Germany and immigrate to the United States.

In 1926 he took a ship to the United States during which he met his future wife Clara.

Together they set up the first Pilates studio in New York, the *Joseph Pilates Studio for Contrology*; 'Contrology' was the original name Pilates gave to his method. Here they shared an address with New York City Ballet.

By 1940 Pilates' exercise method had become widely accepted in the dance community as one of the best ways to: develop the perfect body, help them recover faster

from injuries, and also acted as a useful form of injury prevention.

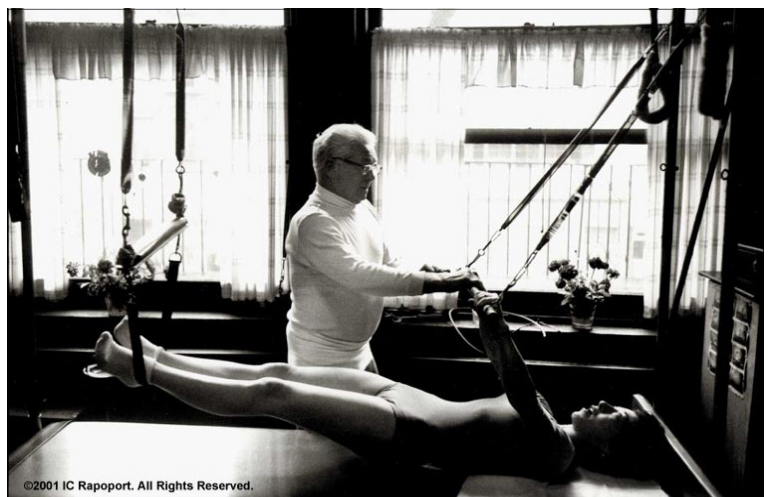
Pilates was so focused on developing new ideas that he didn't concentrate on marketing his method. However he is often quoted as having said; "I'm 50 years ahead of my time", and many would agree that he was right.

After his death in 1967, at the age of 87, Clara his wife continued to run their studio till the end of her life 10 years later.

Together they trained several students whom, in turn, opened their own Pilates studios and continued Pilates work.

From here Pilates gained popularity with Hollywood celebrities, and since then has entered the mainstream of the fitness industry and has also established itself as a physiotherapeutic modality in its own right.

For more information about Pilates and his method please contact The Pilates Studio Gstaad



Joseph Hubertus Pilates - teaching 'Breathing' on the Cadillac (1880-1967)



Kate Boyle is a fully certified Australian Pilates Method Instructor who is qualified to teach beginners, intermediate and advanced cliental. She has been involved in the health industry for more than 6 years specialising in Dance and Nutrition and in the last four years has solely focused on teaching Pilates. During this time Kate has worked with all fitness levels and age groups, ranging from post-rehab to dancers and athletes.

Dancing from a very young age, Kate knew her career would involve movement in one form or another. A lower back injury in her teens caused her to forgo a scholarship to study dance full-time and rethink her dreams of performing. With such a strong

Welcome Kate! - Instructor Biography

focus on health and movement, Kate's career path seemed destined to be entwined with health industry which saw her gain her University degree as a Nutritionist and become a certified Classical ballet teacher.

It was at this time Kate experienced the life-changing power of Pilates first hand. Visiting countless Physiotherapists and chiropractors, it wasn't until Kate began Pilates that she found relief for her back injury. The movement patterns involved in Pilates mimicked her movements as a dancer and so the love affair with Pilates began. She gained more mobility and strength in her back, found a renewed sense of alignment and mind-muscle control empowering her physically and producing pain-free functionality. It was her avid interest in health that drove Kate to study the human body and its movement patterns. It is this passion that allows her to effectively relate and communicate with a wide range of individuals.

Clients would say Kate teaches with a very creative, positive and supportive

demeanour. Her attention to detail ensures her clients get the most out of their bodies and their classes and her continuing encouragement ensures clients an experience they will keep coming back for.

We are pleased to announce that Kate will be joining us at *The Pilates Studio Gstaad* for Winter 2008/09. Kate will be teaching in our *Gstaad Palace SPA Studio* and will be available for Pilates and Galileo classes.

Appointments with Kate are available from the 15th December 2008 and advanced reservations are recommended



Frequently Asked Questions

(Continued from Issue 5, Autumn 2008)

Q5 How much does a Pilates session cost?

The fees for apparatus classes (i.e. private, shared and group equipment classes) at *The Pilates Studio Gstaad* accurately reflect the extensive training that the instructors have completed in order to be qualified in the Pilates Method.

The fee covers a personalised session where the instructor provides a variety of exercises and gives a high level of individual attention. The class is specifically catered to meet your physical needs and goals.

The fees at *The Pilates Studio Gstaad* are consistent with other studios located in the United Kingdom and Switzerland.

Q6 What guidelines should I use to select a Pilates teacher or class?

A Pilates instructor is an exercise and health professional. Therefore it is important to consider a few things when selecting a teacher.

The Pilates Method is widespread and you can participate in group mat classes in hotels and gyms to one-on-one sessions in a studio. Be careful though because in whatever environment you choose to practice Pilates there can be major differences in the training and experience of your Pilates teacher.

As the client you are entitled to question the instructor on their qualifications. A teacher with comprehensive training should have completed a minimum of 600 hours

training time, have a thorough understanding of anatomy, extensive knowledge of the Pilates method and have the ability to provide feedback on your technique and modify exercises accordingly.

As the Pilates method addresses the physical, mental and emotional aspects of the individual it is also important to choose an instructor that you feel comfortable with.

For more information on any of the articles in this issue please contact:

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