



THE PILATES GAZETTE

Optimal Sleeping Position

We spend one third of our entire lives sleeping so it makes sense to be as comfortable as possible while we are in bed. A restful night of sleep is important for good health. Research has shown that sleep reduces stress, improves your concentration and memory, reduces your risk of depression and helps to keep our hearts healthy. Sleep allows the body and mind to rejuvenate i.e. the body repairs the damage to its cells and the brain organises long term memories.

Six to eight hours of sleep per day is the average amount that a person needs. However a regular sleep schedule is more important than the length of time that you sleep. Try to go to bed and get up at a similar time every day.

So we know it's important to have between 6 - 8 hours of sleep per night. However even after 6 - 8 hours are you waking up with a stiff neck, shoulders or back? If this is the case, then continue reading to find out what type of sleeper you are and what the best sleeping position is.

Foetal position

This position is lying on your side with the legs and arms bent. You are essentially curled into the same position as a foetus. This is the best position for ease of breathing and relaxed joints and

muscles. It places the body in a neutral position where none of the joints are being put under any strain. In this position you can also place a small pillow between the knees to increase the comfort level.

The Freefaller

This position is lying on your front with your head turned and sometimes the arms are near the pillow. The Freefaller puts the neck at a 90 degree angle which pushes it past its natural range of motion. Maintaining this position for a long period of time will lead to neck and shoulder stiffness in the morning. If you experience neck stiffness

when you wake in the morning, then you should definitely check to see if you're sleeping in this position. This position can also cause lower back stiffness as it causes the back to arch.

If you sleep on your stomach and are trying to prevent that, sleep with a pillow to your sides so that you prevent yourself from rolling onto your stomach during the night. Or if you can't change from your front, then try removing your pillow entirely. By having the pillow under your head, you are rotating and arching backwards. This puts a lot of pressure on your neck area.

Soldier position

This position is lying on your back, legs straight and arms by your side. The soldier position can cause breathing and lower back problems. When you're lying on your back, the airways are more likely to close over during the dream phase of your sleep. So you're more likely to snore in this position. When you lie on your back, with your legs extended, your back can arch and it can put strain on the lower parts of the spine. If you have a history of back pain, you can modify this position by placing a pillow under your knees. This will take the pressure off the lower spine.



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Winter Studio News

Winter Opening Hours

From 12 December 2011, The Pilates Studio will open on the following days:

Mondays	9:15 – 20:00
Tuesdays	9:15 – 20:00
Wednesdays	9:15 – 20:00
Thursdays	9:15 – 20:00
Fridays	9:15 – 20:00
Saturdays	9:15 – 20:00
Sundays	CLOSED

Instructors

This Winter you are spoilt for choice as there will be three Pilates teachers working at The Pilates Studio Gstaad. Natasha Lutz continues as the principle Pilates and **GYROTONIC®** Instructor and will be joined by two experienced Pilates Foundation UK Ltd Instructors; Paola Raffinetti and Helen Wadsworth.



Paola Raffinetti

Originally from South Africa, Paola has spent the last 5 years living and working in London.

Paola is experienced at teaching clients of all abilities, and has a particular interest in injury prevention and rehabilitation, continually being amazed at how Pilates can assist in speeding up the recovery process.

Optimal Sleeping Position

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Starfish position

The Starfish is lying on your back with your arms and legs outstretched. This position is for those who like to take up all the space in the bed! However as you are lying on your back it is also likely to cause breathing problems.

If you are trying to prevent yourself (or maybe your snoring partner) from rolling onto your back during the night, sew a tennis ball into the back of your pyjamas. With this old-fashioned trick you can restrain yourself and avoid rolling onto your back.

Log position

The Log is lying on your side with the legs straight

Inspired by the Pilates Method's ability to transform peoples' bodies and lives, and by drawing on her experiences with other disciplines, like dance and Yoga, Paola keeps her classes fresh, interesting and challenging.



Helen Wadsworth

Currently based in London, and working along side some of the industry's most qualified teachers, Helen is able to teach people of all ages, abilities and populations including; seniors, children, professional athletes, pre and post natal women, and injury rehabilitation/prevention.

Helen is a dedicated professional whom is passionate about her clients, and using the Pilates Method to improve their quality of life.

We are also pleased to announce that Helen will be staying on after the Winter season as a permanent addition to The Pilates Studio Gstaad.

For more information about our instructors please visit the biography section of our website:

www.pilatesgstaad.ch

by Lauren Young

down. This position takes the pressure off the neck because it is in a neutral position and lengthened. However the log position can cause problems for individuals with shoulder conditions (e.g. rotator cuff injuries). This is because you place pressure on the shoulder throughout the night.

And The Best Position Is?

It really is about finding a position that works best for you. Undoubtedly, the Foetal position is the best position as it places the least amount of stress on the body. However if you aren't able to sleep in this position, then think of adding a modification to one of the other positions mentioned above to make it more suitable.



Custom Couture Tracksuits



In a joint project with Swiss atelier, Art da Moda, The Pilates Studio Gstaad is proud to offer custom made couture tracksuits.

We have currently 3 different styles to choose from, plus a polo shirt and round neck long sleeve t-shirt. Each design can be changed in accordance with the client's individual desires and requirements.

Measurements and photographs are carefully taken by the studio instructors, and sent with the order to Art da Moda. The tracksuits are then handmade within the atelier's work studio, and the approximate delivery

time is 10 days to 2 weeks after the order has been placed.

Clients can choose between plush velour or soft viscose fabrics, in a number of colours.

All the fabric's used are produced in Switzerland, and have easy care and washing instructions.

For further information please contact:

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art da moda
Kleider nach Mass

Swiss Alpine Education - Experience Gstaad with Lovell Camps

Wondering what to do with your children while you enjoy a session at The Pilates Studio Gstaad?

Imagine your children learning and discovering in an international environment in the famous resort of Gstaad, Switzerland - one of the most beautiful Alpine regions in the world.

Lovell Camps offer boys and girls from around the globe an opportunity to gain rewarding holiday experiences in both summer and winter. A combination of sport, language, and outdoor and cultural excursions are provided, taught by qualified instructors and educators.

The camp was originally founded in 1973 by the Lovell family to complement the offerings of the world-renown John F. Kennedy International School. Since then, thousands of children have experienced and benefited from the summer camp which runs two

sessions for boys and girls ages 6-14 during July and August.

In addition, Lovell Camps now offers an exciting winter program, providing professional instruction in skiing, ski racing and snowboarding amongst a host of other winter sports. Sports and activities are combined with daily language lessons in English or French as well as cultural excursions. One, two and three-week sessions are available to children ages 5-15 from December 2011 to March 2012.

Lovell Camp is also running a daily Kids Club at the Mountain Lodge in Schönried. This is a daily English language Montessori type Club for children ages 2 1/2 to 6. Children will be a part of a wonderful, safe, learning experience which includes French language activities, cooking, arts and crafts, citizenship, song, dance, etc. The Kids Club is run by qualified, experienced teachers and a daily skiing option is available.

Learning outside the classroom plays an essential role at Lovell

Camps, enabling children to experience the outdoors and grow as individuals. Children leave the camp with a good basis in English and/or French, new international friendships, winter or summer sports skills, as well as outdoor education and leadership knowledge.

What we want for our children is a safe haven where they can reach their true potential through experiential learning. As international educators for forty years we can guarantee this. Throw in a little adventure with a warm family atmosphere, and each child will benefit and participate in an experience that they will never forget!

For further information please contact:

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Member of the Schweizerischer Pilates Verband

PG, Issue 18, Winter 2011