



Newsletter September 09

The *aligned* news feed...

- *Aligned for Life* would like to announce the introduction of Myotherapy services at our Little Bourke studio. Myotherapists assess & treat myofascial pain, injury & dysfunction which is often described by the patient as a 'deep ache', 'tightness' or 'tenderness' in muscles affecting movement & mobility. Being part of the *Aligned* team you can expect the same high quality service & appointments will be available in the next coming weeks.
- Welcome back to Sarah Cotchett who has returned from her trip overseas. She has resumed session with her clients & her stories so far paint the picture of very relaxing & enjoyable trip.
- Four new pieces of Pilates Gratz studio equipment were delivered to the Little Bourke studio at the beginning of the month. Based on original measurements calculated by Joseph Pilates & entrusted only to Gratz, we encourage you to try the original apparatus & experience the difference, because nothing feels like a Gratz.
- On Saturday the 5th of September *Aligned for Life* hosted a Pilates workshop which was attending by nearly 40 Pilates instructors from all around Australia. We were honoured to have such Pilates advocates as Marda Willey & Lea Francis attend & share their Pilates experiences & expertise.

abi and joseph



abi and joseph is a label of Pilates & yoga wear, designed & made in Australia with Italian fabrics that have been infused with Vitamin C & essential oils to moisturise the skin.

Our **Little Bourke** studio exclusively stocks a range of *abi and joseph* pants, tops & accessories, & we're positive that it will be love at first sight for you, just as it was for us.

Refer a friend

Matwork Beginner Courses

Spring has arrived!

So enrol in our beginner courses & watch your body improve in tone & flexibility just in time for summer!

Little Bourke

Beginner matwork sessions are available Monday 5:30pm, Tuesday 7am & 6pm & Thursday 12:15pm with the added flexibility to start your 10 week challenge when it suits you & attend any combination of beginner sessions each week - phone 9642 0580

Moonee Ponds

8 week course start Monday October 19th 7.30pm & Tuesday October 27th 7:30pm - phone 9326 0202

Bookings essential

This month's insight into Pilates...

Client Testimonial

In September 2004 I took my first tentative steps into the *Aligned for Life* Pilates studio. My steps were tentative due to a disk injury in my lower back, while physio had helped me get back on my feet, at only 35 years of age, any kind of sport seemed impossible to me due to the new limitations I could feel in my body.

Five years with *Aligned for Life* has changed this outlook, rather dramatically. In the five years I have had four brilliant teachers & have worked up from rehabilitation Pilates, to more complicated Pilates & now use Pilates as a physical condition tool for my new sport.

Two years ago I started my mixed martial arts training & I am using Pilates as the most significant part of my physical conditioning program. I am now able to train five times a week or more & have now had a few mixed



The best way to stay motivated to reach & achieve your goals is to team up with a friend.

Therefore, for the months of September & October *Aligned for Life* want to reward you (a current *Aligned* customer) when you refer a friend with a free studio clinic session!

So get busy emailing, texting & talking because the number of friends you refer is the number of free sessions you get!



Have you worked out with the Pilatesstick yet?

Interested in a career in Pilates Instruction?

martial arts bouts without any impact on my old back injury. I know in my heart that none of this would be possible without the expert tuition I have received from the brilliant staff at *Aligned for Life*.

Personal Pilates Sessions

Aligned for Life has a fantastic team of student instructors eager to share & practice their new skills!

With **10** student instructed sessions available for the discounted rate of **\$220**, we guarantee you a safe, effective workout in a friendly environment.

Weekday & Saturday sessions available

Pilates Courses & Training for 2010

The following courses are available for enrolment

Diploma of Professional Pilates Instruction
(91491NSW) – Starts Friday Feb 5th 2010

Certificate IV in Pilates Matwork Instruction
(91492NSW) - Starts Friday Feb 5th 2010

Introduction to Pilates - Starts Friday Feb 5th 2010

Anatomy & Physiology for Pilates & Movements -
Starts Saturday Jan 16th 2010

If you are interested in our courses or would like further information please contact **Kath** on **0403 802061** or nationalpilatestraining@tpg.com.au

You can also visit our [website](#)



National Pilates Training is a registered training organisation founded by Katrina Edwards & Kath Banks, the *Aligned for Life* studio owners.

Offering both matwork & studio Pilates instructor training, housed at the Little Bourke studio, this course is accessible to anyone & everyone interested in The Pilates Method & Joseph Pilates beliefs & concepts.

For information on course start dates & contact details please [click here](#).

Pilates in your workplace

Aligned for Life regularly give short talks to workplaces informing employees about Pilates & how it can benefit them.

So, if you think your workplace would be interested simply email katrina@alignedforlife.com.au to enquire further.

We look forward to hearing from you soon!

Have you tried Classical Pilates matwork yet?

Mondays 1.30pm

There are many different methods of Pilates & although each are based on the teachings of Joseph Pilates, small variations do exist between them such as breath patterns & movements.

Aligned for Life instruct **modern** Pilates matwork classes but here is your chance to experience first hand the power of **classical** Pilates matwork with **Marda Willey**.

This class is held at the Little Bourke St studio & open to everyone at an intermediate level of matwork.

[Click here](#) for additional details & pricing

Bookings essential



The Bare Pear Cafe proves that great taste can also be healthy by offering foods that only contain good fats, good protein & low GI carbs.

Located at **148 Queen St**, the Bare Pear is frequently visited by our staff & highly recommended to our clients.

Studio Locations:

4/370 Little Bourke St, Melbourne - 23a Puckle St, Moonee Ponds - Victorian College of The Arts 234 St Kilda Rd, Melbourne

Email address:

Katrina@alignedforlife.com.au

Phone numbers:

Little Bourke - 9642 0580 Moonee Ponds - 9326 0202 VCA St Kilda Rd - 9685 9362

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