



Newsletter August 09

The *aligned* news feed...

- Congratulations to Anastasia on her recent engagement! We're ecstatic at the news & can't wait for the wedding in April.
- Bon Voyage to Sarah Cotchett & Corrina! Both instructors are overseas on holiday for the next few weeks & although we're green with envy we wish them a wonderful trip & safe return.
- Two new matwork classes at Little Bourke; Monday 6:30pm & Thursday 12:15pm. With these additions to the timetable there is now even more choice of when to attend your Pilates classes throughout the week.

Matwork Beginner Courses

8 week courses starting again soon!

Little Bourke

Courses start Monday 5:30pm 24th August & Tuesday 6pm 25th August - phone 9642 0580

Moonee Ponds

Course starts Tuesday 7:30pm 1st September - phone 9326 0202

Take up this 8 week challenge & watch your body improve in tone & flexibility!

Bookings essential

This months insight into

abi and joseph

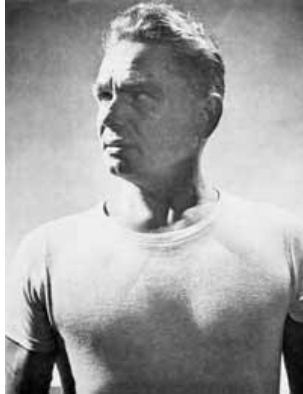


abi and joseph is a label of Pilates & yoga wear, designed & made in Australia with Italian fabrics that have been infused with Vitamin C & essential oils to moisturise the skin.

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

Pilates...



"After 10 (Pilates) sessions you will FEEL a difference, after 20 sessions you will SEE a difference & after 30 sessions you will have a whole NEW body!"

Quoted from J.H Pilates, founder of the Pilates Method (pictured above).

Get to know *aligned* staff...



Sara Colquhoun

Sara has been teaching the Pilates Method at the *Aligned for Life* Little Bourke St & VCA studios for many years now & is one of our senior instructors.

Drawing on her professional dance background, training with Pilates ITC in Sydney & now her ongoing professional development guided by Katrina Edwards, Sara specialises in instructing clientele who are of a similar arts background or experience reduced ranges of movement due to sporting injury.



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

Therefore, for the months of August & September *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?

Done in groups of less than 8, this little wooden wonder is a cost effective way to duplicate a tailored studio based Pilates workout.

Focusing on alignment, balance, strength & resistance, the Pilatesstick is suitable for all levels & its growing popularity worldwide is testament to the benefits felt.



Studio 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

New Classical Matwork Session

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

Have you been to our new CBD studio yet?



Aligned for Life have most definitely settled into their new premise on Little Bourke St & if you haven't had the chance to come in & see the new studio yet then make sure to do so this month!

[Contact us](#) before hand or mosey on in, either way we'd love to see you & show you around.

Interested in a career in Pilates Instruction?



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 gives 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!



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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