

Newsletter



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Kleiner Wilhelm in Deutschland
mit Fräulein Wieshofer.
Noch keine Haare!

Pilates can be both simple and complex

Some people understand and appreciate the benefits of Pilates the first time they try it. Others start off feeling that Pilates exercises are repetitive and silly, but after a while doing the same exercises, they gain a new understanding of their bodies. Some people may initially find an exercise completely out of their reach, but after a few weeks of practise, they find it to be completely natural. Whatever your experience of Pilates, the bottom line is always the same: Persevere—you will be transformed.

Some of you met Karyn, my Californian friend and Balanced Body colleague who was here during April. She was enchanted by this part of the country, so much so she is seriously considering moving over here to teach Pilates and is investigating the immigration / work regulations. Purely Pilates may well expand elsewhere in East Anglia.

We are taking a week off at the end of this block. It's our 'China' wedding anniversary which we will be celebrating in Bill's Mutterland. Yes, he is a cross between a Jock and a Kraut. Tight-fisted but loves rules & order. He even has a German middle name, which nobody gets to hear about—so please keep it a secret!

The next block of classes starts 4th June and runs through to the middle of July. We are not entirely sure what we will be doing during the holiday period through to the end of August. Perhaps a more flexible class schedule? We will certainly be taking a couple of weeks off ourselves. We will let you know the summer plans next time.

Suzanne continues to teach the Saturday morning classes, for which I am very grateful. Bill always comments on our contrasting styles. I can be a bit loud and excitable at times, whereas Suzanne has a more measured and serene style. Nevertheless, we both teach from the same Pilates mantra and we hope you enjoy our classes.

Keeley

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Group Class Booking / Re-Booking

We will be handling re-booking during the last couple of weeks of May. Priority is given to those re-booking the same class time, but please don't wait and let us know as soon as possible so we can reserve your space. If spaces aren't re-booked by a certain time they will be offered to new bookings and / or anyone wishing to change class times. For new bookings, please also let us know as soon as possible so we can reserve your space.

Of course, if anyone who has attended the current block feels they would benefit from repeating the same level they can book a suitable class. Talk to Keeley if you are unsure.

*Exceptions (No class dates)

Saturday 9th June. Studio pre-booked for a training course. Saturday classes will start on 16th June.

New Beginner Classes

There will be two new Beginner classes this coming block. One on Thursday mornings at 9:15am (Keeley) and one on Saturday mornings at 10:00am (Suzanne).

Class Swaps

A reminder to everyone—if you can't make your regular class, you are welcome to temporarily swap to another one. The best way of letting us know is by email to bill@purely-pilates.co.uk. We will try our best to find another class at the same level. This is becoming easier now that many of the regular classes are at Intermediate level, although there are different degrees of Intermediate. It won't be too long before we start designating a class or two as Advanced.

Reformer Only Classes

We have discussed this in previous newsletters and it remains our target to offer a mixed schedule of Mat and Reformer group classes. We are committed to investing in four more Reformers but we will have to re-arrange the studio to make it work for eight Reformers. This will probably result in a reduced area for Mat-work, with a likely Mat class limit of 6. The studio's first anniversary is in September, when we will take stock and press ahead with any changes.

The first anniversary also sounds like a good time for us to organise a social event at the studio so we can thank everyone for helping Purely Pilates become established in Stowmarket.

6-week block starting 4th June 2018	Mornings		Evenings	
	9:15	10:30	6:15	7:30
Monday			INT	INT
Tuesday	INT	INT	INT	INT
Wednesday			INT	INT
Thursday	B	INT	INT	INT
	10:00	11:15	6:15	
Friday	B+		B+	
Saturday *	B	B+		

B = Beginner Completed 0 classes
B+ = Completed 6+ classes
INT = Completed 24+ classes

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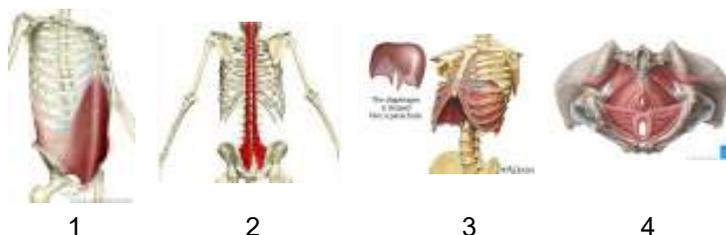
The Core—what is it?

Many of you are aware that I'm a bit of an anatomy geek – which I am actually very proud of! I thought it may be useful to explain a little more about what the core is, and how the muscles should all interact with each other.

The concept of core training was developed by physical therapists looking for a new way to treat clients with lower back problems. I'm sure some of you can remember experiencing back pain, long time ago, and were told to take bed rest! And not surprisingly, this method of treatment wasn't very successful.

The earliest resource on how the muscles of the core work together was published back in 1978 and was called "clinical biomechanics of the Spine." For the first time it was proposed that the abdominal muscles and the back muscles worked as partners to stabilise the spine, when the body was in a neutral position (sound familiar anybody). Over the years, this methodology has expanded to include other muscles that contribute to the stabilisation of the spine. The modern-day core consists of 4 muscles:

- 1) Transversus abdominus – abdominal muscle.
- 2) Multifidi – back muscle.
- 3) Diaphragm.
- 4) Pelvic floor.



It is useful to think of these muscles creating a cylinder inside your body. This is your inner unit.

Transversus abdominus – this is your deepest abdominal muscle, that wraps around the torso connecting the ribs to the pelvis. It continues around your back and attaches to the connective tissue of the lower back. Its role is to draw in like a corset and narrow the waist.

Multifidi – are small muscles that look like little chevrons on your spine. They connect one vertebrae to another, sometimes three to four (or more) levels above. These are surrounded by the connective tissue of the lower back.

When the Transversus abdominus shortens (when you pull the abdominals in) it creates tension on the connective tissue of the lower back. The connective tissue acts like a sausage skin, with the Multifidi being the filling. The Multifidi reacts to being squeezed and creates a stabilising force on the joints between the vertebrae. It creates space between the vertebrae which is called decompression.

So, these two muscles are the front and back of your abdominal cylinder – but what about the top and bottom?

The top and bottom of the cylinder are the diaphragm and pelvic floor. Think of these two muscles as jelly fish, floating up and down with each other. In the ideal scenario, these two muscles react to how the core is working and also co-exist with each other.

The diaphragm moves up on an exhale and allows the Transversus abdominus to react like a corset. This is why a lot of our Pilates moves are done on an exhale. The latest research shows that the diaphragm and the pelvic floor react to how the deep abdominals stabilise the spine, so they have a strong role in supporting the vertebral column.

I hope this has helped you to think of the inner unit in a slightly different way.

Please let me know if you'd like more "anatomy geek" sections in our newsletter.