

Newsletter



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Karyn

Karyn Laverne is joining Purely Pilates in December 2018

I am delighted to announce that Karyn will be joining us on Monday 10th December. Karyn arrives from Pilates on Tour Venice, about 2 hours after I depart for Venice. Her arrival in Stowmarket will be a baptism of fire since she will be teaching all of the classes the week I am away.

As I write this, Karyn and her family are experiencing the intense trauma that has been unfolding in California this very week. They live north of Sacramento, directly in the area that has been named Camp Fire. Indeed, they lived (sadly now past tense) in Paradise, the town that has been completely destroyed by the wild fires. Fortunately, Karyn and her family escaped unharmed and have been put up in a hotel about 2 hours away. After a few days of uncertainty they now know their house and contents are gone. They also had to abandon their truck in the fire. Unfortunately, the truck was loaded with many \$000s of Balanced Body equipment due to be returned to Sacramento. All gone as well.

Just imagine it, a town slightly bigger than Stowmarket, completely razed to the ground in a short period of time. What a frightening thought!

Anyway, they are all ok. We've had a few video calls over the past week. Karyn was initially very shaken and not sure about coming over here, but her resolve has returned and her family supports her sticking to the plan.

Karyn is also a Pilates Master Instructor. We will be planning to increase the teacher training that takes place in the studio some weekends. We also have a constant challenge finding slots for new beginner classes. Through Karyn we intend to try different time slots alongside our normal schedule. These could include early mornings, lunch times, early evenings, Friday evenings and maybe even Sundays. If anyone is interested in any of these alternative times (or knows of anyone), please let us know.

I know it is still November, but since there won't be a December newsletter I would like to wish you all a very early Merry Christmas. Thank you.

Keeley

Newsletter



Group Class Booking / Re-Booking

The next block of classes starts week commencing 26th November and we are now open for booking.

Unfortunately, there are no new Beginner classes this block, only Beginner+ and Intermediate. We will carry on with a mixed Mat & Reformer format, probably upping the ratio of Reformer classes. Some of the more advanced Beginner+ classes will be introduced to the Reformer as well.

This block spans Christmas & New Year and we will be closed for a week and a half. Closed dates are shown in red on the calendar below. This includes Saturday 8th December* when there is a teacher training event running and there will be no classes.

6-week block starting 26th November 2018	Mornings		Evenings	
	9:15	10:30	6:15	7:30
Monday			INT	INT
Tuesday	INT	B+	B+	INT
Wednesday			B+	INT
Thursday	B+	INT	INT	INT
Friday	B+	INT		
	10:00	11:15		
Saturday*	B+	INT		

2018 / 2019	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
November	26	27	28	29	30	01
December	03	04	05	06	07	08
	10	11	12	13	14	15
	17	18	19	20	21	22
	24	25	26	27	28	29
January	31	01	02	03	04	05
	07	08	09	10	11	12
No. Classes In this Block	5	5	5	6	6	5

Note, week commencing 10th December—Keeley is away and all classes will be taught by Karyn.

One to One & Small Groups

These will be more flexible over December / early January. Please arrange your dates directly with Keeley.

Newsletter

The Outer Unit – what is it and how does it help us move better?

When I went on my first Master Instructor training, I was introduced to the concept of how “groups” of muscles assist the core (Newsletter May 2018). These groups help provide dynamic stabilisation (support in moving spinal exercises, Pilates exercises and every day life). Plus, also providing Lumbopelvic stability, which is the ability to completely stabilise the pelvis in neutral. My mind was blown and a whole new world of understanding was opened.

There are four groups of muscles in the outer unit: Deep Longitudinal System; Anterior Oblique Sling System; Posterior Oblique Sling System; and Lateral System.

The four systems work together to provide balanced three-dimensional movement and integrate the whole body to move as one. They work as a team to balance out movements of the spine or support of the spine. This month we're going to focus on the Deep Longitudinal System and the Posterior Oblique Sling System. As they definitely function together, but not in isolation to the other two.

Deep Longitudinal System (Fig 1)

This group runs from the back of your skull, down your spine and splits at the buttocks. It continues down the back of the legs and ends up on the sole of your foot. Imagine that its two columns of support along the whole back body.



Fig 1

Posterior Oblique Sling System (Fig 2)

This group runs from just under your shoulder-blade, across to the opposite buttock area. Imagine it's a band or sash running from one side of your back to the other.

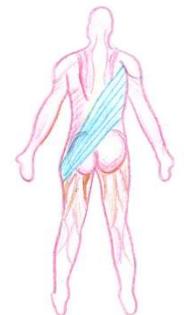


Fig 2

When would you use the system in a Pilates Class?

When we start a class, we normally start in standing, so I can assess your alignment. The Deep Longitudinal System is key to help with an upright posture. Sometimes I might ask you to put your hand behind your head whilst standing. This is to activate this system.

As this system runs down the whole of your back body, then obviously any of the Swan series we do (extension), then this system is a key contributor to this action. Also, your Posterior Oblique Sling would be helping in the action too. In this case, both sides of each system would be working at the same time – so what happens if only one side is active?

When only one side of these systems is working, it will produce either side bending (lateral flexion) or twisting (rotation). We have a lot of movements that have these movement patterns, predominantly in seated. Think Seated Side Stretch, Saw and Spine Twist – these systems are instrumental to these movement patterns.

This is why sometimes you feel less movement in one direction than the other. One of these systems could be more dominant than the other.

I hope you enjoyed my anatomy geek section. Next month I'll talk about the other two systems and how they relate to each other.