

THE PILATES JOURNAL



Set your goals and intentions for 2023

POSTURES MATTER

Hear from Fluidform
Founder Kirsten King on why
posture matters

PROP INTENTIONS

Whats your intent behind
using a prop and how can you use
it more effectively?

SETTING PRICES

Getting your studio pricing
right with tips from a Pilates
Business Coach



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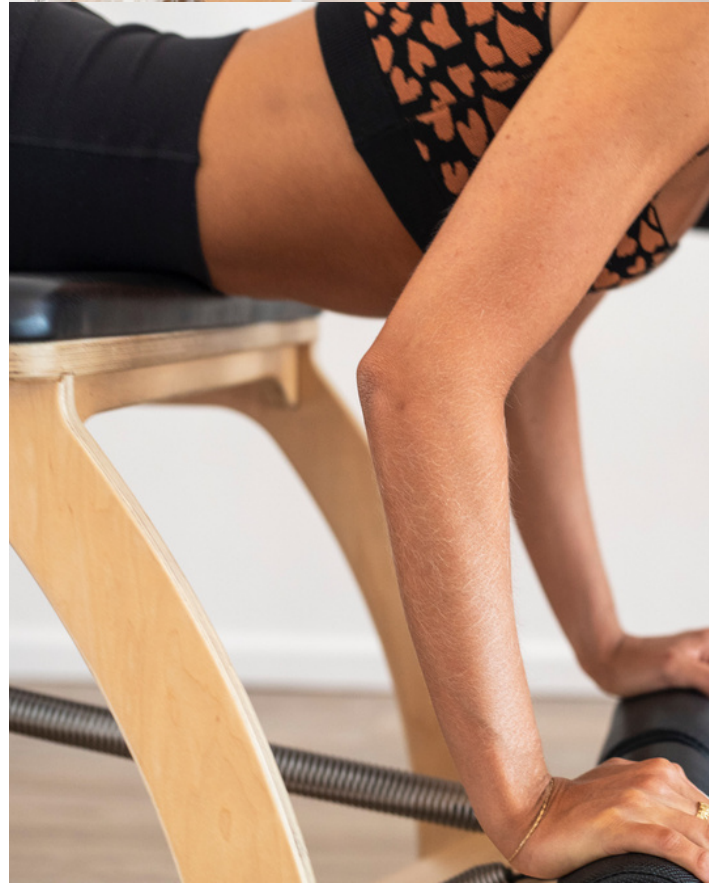
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The Pilates Journal would like to acknowledge and pay respects to the Gadigal people of the EORA nation as the traditional custodians of the place we call home - Sydney - where this journal is produced.

The Pilates Journal pays respects to their elders, past, present and emerging, and acknowledges all Aboriginal and Torres Strait Islander peoples.

Note from the Editor



Welcome to the first edition of The Pilates Journal of Australia.

Our goal is to bring like-minded Pilates professionals together across Australia so we can share our learnings, our experiences, learn from each other and grow our skills in working with clients.

We all know the difference it makes to have one deep connection with a client. The trust you can build in seconds is lifelong. It is a privilege. This journal is designed to help you to build those deeper connections and help you run a successful small business.

Whether you are an Instructor or own your own business, we're here to support you at all stages of your career.

The one thing we now know is that change is constant and our clients want more from us than ever before so let's navigate this together.

We'd love your feedback too. So please reach out and let us what you think of our first edition.

CJZarb

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On the Cover

Instructors from [Johanna May Pilates](#)

Our clients' posture matters

IN THIS ISSUE, WE SPEAK WITH FLUIDFORM FOUNDER, KIRSTEN KING ABOUT HOW DIFFERENT POSTURE TYPES IMPACT HOW WE WORK WITH OUR CLIENTS.

by Kirsten King

How do you assess your client's posture?

When I program for my clients, it isn't just about static assessments. I am monitoring them from the moment they walk into the studio, how they sit, stand, move down onto the mat, how they set up positions and how they move through the exercises. This continual observation, provides opportunities to identify tightness and weaknesses you don't always see in set up static assessments. As my clients then move through the class, I am constantly adjusting my programming to address what I see and suit what they need.

What other factors contribute to our clients' posture?

What clients do during their daily lives is a major contribution to their postures. Repetitive movements and positions cause tightness and imbalance. Understanding this allows you to not only identify and address imbalances, it allows you to program movements to support their daily lives, build strength and reduce further imbalance in their bodies.

How do you choose the movements you program to suit your clients?

I have my core fundamental movements, I have developed these after teaching many different bodies in the studios. I then layer and build on these movements to suit my client. These movements are functional and safe for everyone and most of all they provide results.

Below we go through some of the common postures Kirsten sees in the studio, how they identify and some key points to focus on when programming for them.

Office Worker

We teach many clients in the studio who spend a lot of time in the office, working at their desks for prolonged periods. Their composition typically resembles a forward head position, tightness through the front of neck and chest, and weakness through the upper back. Their lumbar spine has lost its healthy neutral curve, and their hips sit forward, with their body almost hanging into their legs. They will often complain of tightness through their lower back and front of hips, with a lack of strength in their hips, abdominals and glutes.

First and foremost, daily movement will help to mobilise and realign their body, releasing tightness and imbalances. Our purpose as their teacher is to create a personalised program to enhance the lives and each individual and their function. For an office worker, our focus is to provide the movements to balance their body, addressing tightness and weakness.

The first step is to ask ourselves, what is the functional movement this office-worker client needs? Our programming will focus on:

1. Creating space and openness through their hips.
2. Opening their chest and the front of their body.
3. Strengthening their legs, upper back and abdominals.

This might include exercises like quadruped, extension work and plies.

New Mum

During pregnancy and childbirth, the body undergoes an incredible process of change. The spine adjusts to allow for the baby to grow, and the body releases hormones to relax joints and ligaments in the body. In the months following delivery, these changes start to reverse impacting your clients spine, pelvis, glutes and surrounding muscles. These clients spend a lot of time in flexion, especially through their lumbar spine. The repetitive movements of lifting their baby in and out of a cot, nursing and feeding all place strain on the mother's body.

For these clients, we focus on supporting their body as it moves back into alignment, muscles reconnect and rebuild strength. Our programming will focus on:

1. Opening their upper body
2. Realigning their spine and hips
3. Improving their balance





One great way of doing this is doing pelvic curls, movements in quadruped position and isometric holds to help stabilise the body as it regains strength.

Ageing

We teach many ageing clients in the studios, as Pilates and functional movement has incredible benefits to support your body and maintain strength as we age. They often have a forward head position, with an extended kyphotic curve, a lack of abdominal strength, and lacking joint strength and stability. Our purpose is to support the joints by maintaining healthy movement and strength.

Your clients need consistent, supported movement and balance work to maintain the strength of their slow twitch muscles, spine and joints. Our programming will focus on:

1. Balance work
2. Supported movements
3. Slow twitch muscles to support the spine and joints

They will also benefit from standing work (supported by a barre, chair or stick if required), pelvic curls and side lying.

High Intensity Trainer or Heavy Weight Lifters

HIIT trainers and heavy weight lifters typically resemble a bulky, strong frame with dominant global muscles. Imagine a military-like posture – a proud chest, almost flat through the upper back with a pronounced lordotic curve in the lumbar spine as a result of the anterior tilt in the pelvis. Despite a strong frame and larger muscles, the smaller, slow twitch muscles are often neglected.

For these clients we focus on bringing balance back to the body. Finding alignment and strengthening the slow twitch muscles against the dominant fast twitch. Our programming will focus on:

For these clients we focus on bringing balance back to the body. Finding alignment and strengthening the slow twitch muscles against the dominant fast twitch. Our programming will focus on:

1. Strengthening their slow twitch muscles
2. Realigning their spine

They will benefit greatly from side lying glute work, rollbacks and parallel plies. Initially, you would avoid adding load or long levers. Start with closed chain movements and focus on the correct set up before moving.

My teaching is about teaching the body in front of you. Understanding their posture, their daily lives and programming to support this.

Kirsten King is the Founder of Fluidform Pilates. You can find out more about her method via fluidformpilates.com/ or her Fluidform Training program training.fluidformpilates.com/

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Propping up your classes

DISCOVER YOUR PROP INTENTIONS AND GET MORE CLARITY ON HOW YOU USE THIS PROPS FOR YOUR SUCCESS.

by Carla Mullins

Let's face it during the pandemic zoom frenzy, so many teachers became creative. We used the contents of our client's households and that included towels, sticks, pillows, cans even toilet rolls to provide variety, challenge and engagement of our clients. Now moving back into the studio or a hybrid, it's important to reflect on what we have learned and to take this knowledge back into the studio.

How often do you stop and think about the intention behind using a prop? You can use it to:

- Reduce the challenge for a client who is not yet strong enough to do an exercise without an assistive prop. Pilates springs are fantastic for this, but a swiss ball under the person's feet can be amazing or having their feet propped up on the wall.

- Reduce the opportunity to cheat for a client to have feedback about alignment and organisation. I like the use of a wall in these cases so a person can use that for support, or a towel to encourage good neck support.

- Increase the challenge to promote strength and endurance. Our Pilates equipment offers all sorts of resistance challenges. These days a reformer is considered a fun prop for increasing challenge. It is important though to understand the resistance provided by the springs and how to use them effectively.

- Increase the pattern challenge. I like to make sure people are constantly crossing their midline and moving their upper and lower bodies differently. The series of five is a great way to do this in Pilates, but after some time you need to vary it up a bit to make people slow down and focus. This is when I like a person to use a ball to roll that up their leg when they rotate or to hold in both hands and then move it to one hand, or in between their legs, as they move from one exercise to another.

- Vary a vestibular or proprioceptive response. I will admit this is a personal obsession of mine and I make it my personal mission to include at least 15 minutes of balance focus in any class.

- Add variety and fun and

— Change the client’s relationship to gravity either to assist or challenge them.

It is also important that the prop can be easily cleaned and stay hygienic. This is why I have worked with studio clients to have some of their own props that they bring to mat or studio classes.

So what is your client’s goal?

This is our most essential starting point for any of our clients. Understanding their goals helps us not only to develop and adapt appropriate programs, it also helps us to motivate our clients to participate in class and any homework.

What is it that you are trying to achieve?

- Strength
- Endurance
- Tolerance
- Flexibility
- Patterning
- Release
- Calming of the parasympathetic nervous system
- Alignment

What system are you needing to affect?

- Muscular
- Fascial
- Skeletal
- Nervous
- Lymphatic

What sensory system do you want to affect?

- Visual
- Proprioceptive
- Vestibular
- Tactile
- Interoceptors

Questions to challenge your prop thinking.

There are 3 questions I ask when deciding whether the prop I have in mind is suitable for my client.

1. Can I flow with this prop for at least four exercises/activities in a row. Clients get frustrated if you are running around changing props and things constantly on them. Make the class flow and give options to consistently work with that one prop.
2. Is the prop applicable to the person in the studio setting and can be used or adapted at home.
3. Safety: no sharp edges, no Volatile Organic Chemical, latex-free and easy to clean.

My favourite props for clients include

My personal confession as to my favourite props in a studio and mat class are below. Why I have chose them is for their versatility and adaptability, and in the table below I have highlighted the five basic purposes for which I would use that prop. These props are also great to use because you also encourage clients to purchase them. Next month we’ll look at our prop-selling strategy, to understand how you can offer the right props to clients, helping them and supporting your studio revenue.

Carla is the co-director and co-owner of Body Organics and Body Organics Education. She is also an educator, creator and designer of the Australian-made Markarlu. You can find out more bodyorganics.com.au/education/

Strategic prop useage

	Stability support	Proprioceptive challenge	Muscle activation (not just strength)	Joint support	Trigger point release or facial release
<i>Cork yoga block</i>	++++		++	++	
<i>Pilates Ball</i>		+++++	+++	+++	+++++
<i>Broomstick</i>	+++++		++	+++	+++
<i>Foamroller</i>	++	+++	++++		+++
<i>Markarlu</i>	+++++	+++++	+++	+++	+++++

Getting a sense of gravity

FIND OUT FROM MAGGIE MACGILL HOW GRAVITY CAN TRANSFORM YOUR MAT WORK.

by Cie'Jai Zarb

In late November, a group of Instructors joined Senior Pilates guest Educator Maggie Macgill for a workshop on Gravity, at Sense of Power Pilates at Pyrmont in Sydney.

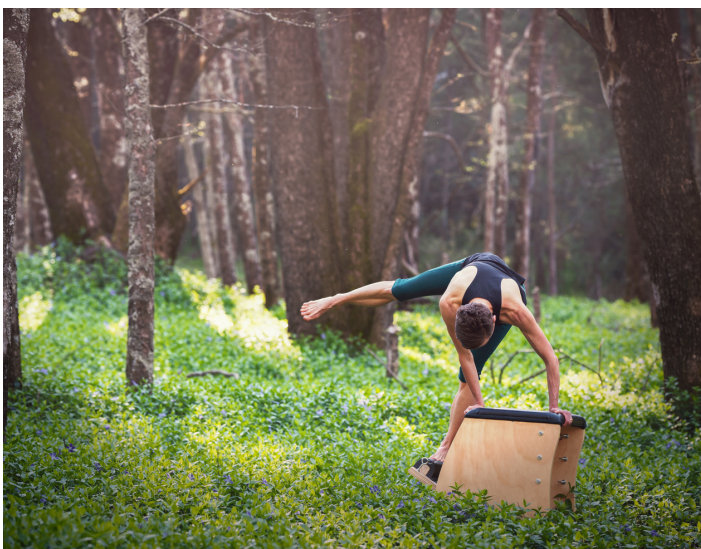
Maggie teaches Pilates trainers how wonderful gravity is. Sure, gravity isn't so great when you knock your iPhone off the table at the local café, spill your coffee over your new leggings trying to catch it, and have to go see James at the phone repair kiosk to get a new screen for the second time in a month. But that's another story.

For the purposes of this story Gravity is amazing. Particularly if you're a Pilates instructor.

For anyone who hasn't met Maggie, she presents as informed, intuitive, sensorial and measured, much like her Gravity mat work Masterclass that I had the pleasure of attending.

Maggie's been teaching Gravity work to Instructors for many years. With 20 years of international teaching experience, you can see how easily she comes into the space and how much care she takes with every Instructor in the room. She takes great pleasure in allowing the Instructors to feel out her gravitational cues throughout the class. She's deliberately hung giant red arrows around the room, pointing down of course, as a clever reminder of the gravitational forces around us at all times.

She's a graduate of the Master's Program at The Pilates Centre in Boulder, Colorado, and mentions that it was this program and her time spent as an apprentice that made her into the teacher she is today. During her apprenticeship, she learnt an enormous amount



about rehabilitation from complex injuries and chronic pain and the sports-specific applications of Pilates work. It's also her love for running that makes her Pilates journey all the more unique.

After multiple injuries as a result of her running, Maggie decided to apply her Pilates principles to her running. "I decided that I would only run in a way that effectively took the Pilates principles and skills into my running...to make my body feel more like a Pilates workout after a run," said explained. With her number one inspiration being nature and being in the wilderness, you can see how running fitted perfectly with Maggie's desire for efficient movement.

In Maggie's class today it's all about sensing and sequencing and as she describes it 'getting out of our own way'. She goes through the motions of what feels like the structure of a Classical Pilates-style class but she's encouraging you to find the most tense or least connected part of the body and connect through that. "By the time you are there, you arrive with all the power to find a strengthening power", she said.

Maggie keeps highlighting how we need to be sensitive to the gravitational forces all around us. She encourages us to sense new things and acquire a more comprehensive grasp of our own body, which in turn helps us move more effectively. I find myself tuning in more, hearing what my inner body is telling me and truly connecting on a deeper level before I execute any movement.

Throughout the entire class Maggie is encouraging us to think about how we align ourselves with gravity, how we can absorb the forces like a sponge and 'allow the river of gravity to run through you', even in simple exercises like the Pelvic Curl.

In our Leg Circles, she highlights the 'breakthrough moment' of going further. The point where gravity takes hold and we let go, trust the process and learn what the body is capable of.

In our Roll over, Roll-ups and Scissors she talks about how the down gravitational pull actually gives you the up. Specifically in the Roll over instead of keeping the energy reaching out as the feet are overhead, she encourages us to let the feet fall to the floor, feeling the full effects of gravity pulling us closer to the earth.

Every transition is meticulous in detail. There's a constant flow and other Instructors in the room also comment on this.

For Saw, we see ourselves dropping an elbow down to the floor and encouraging a deeper rotational twist, feeling an even better release than before. We progress to Shoulder Bridge, and for the first time I'm asked to drop my foot to the floor in this position.

“Can you absorb the forces like a sponge and allow the river of gravity to run through you”
– Maggie Macgill



Feel the gravitational pull, acknowledge it then connect to bring the leg back up.

She emphasises every moment on the floor where gravity can take hold. It's clear that her body mind and centering work also plays a big role in how she's wanting you to feel in the class.

The Kneeling Side kick is another great example as we reach our ear to inner hip in a lateral side bend, it's like we're reaching to the floor before the hand makes the mat. We do this a few times before the leg follows with effortless ease.

To round out the class we finish with a Boomerang and a stretch. We end the class and you can tell everyone feels enlightened, lighter and happier. There was time for thank yous and many rushed back to their busy lives. But just for an hour today they appreciated gravity, its full effect on the body that we normally take for granted and Maggie's unique style that grounds us as students and as teachers too.

In my own assessment, Maggie's style provides a fresh approach to the exercises and a new perspective. It makes matwork light-hearted and a fun way to move on the mat. It becomes a new way of exploring mat work and a great way to encourage our clients to do the same.

Thank you to Pilates ITC for arranging this event. Pilates ITC offers Continuing Education for Pilates Instructors through Masterclasses and Workshops online and in-person. To see the full line-up of events, head to pilatesitc.edu.au/continuing_education/

Maggie will also run her Love To Move Program in 2023 pilates-on-the-run.mykajabi.com/love-to-move-program-2023

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Instructor Spotlight: Erin Jones

WE SPEAK WITH SENIOR PILATES INSTRUCTOR ERIN JONES FROM THE MOVEMENT COLLECTIVE ABOUT HER CAREER TO DATE AND HER TEACHING FOCUS.

Q. Tell us a little about yourself and your Pilates background?

A. My name is Erin Jones. I live in Marrickville in Sydney. I teach for Movement Collective Pilates and instruct and manage the Broadway (ultimo) location. I completed my mat certification in 2015/16 and continued on to study for a Diploma with Pilates ITC which I completed in July 2016; I've been teaching contemporary Pilates ever since.

My friends would describe me as energetic, loud and someone who loves to have fun and laugh (mostly at my own expense).

Q. How did you discover Pilates?

A. My Mother started Pilates back in 2000 because of a disc bulge and ever since then the word Pilates has been part of my family's vocabulary. She would send my sister and I off to a local mat class in Petersham once a week and often drag us along to her studio sessions with her. I always found it really challenging to understand as a teenager and didn't appreciate all the nuances Pilates offers until much later.

Q. How do you keep learning? What inspires you in your work?

A. I am inspired by Carla Mullins work from Body Organics. During lockdown I spent many hours delving deeply into her work. Her courses have really shaped the way I think about my body and the bodies in front of me and how I can best utilise Pilates to help them. I now deliver her courses here in Sydney and highly recommend diving into her online work if you can.

I also loved Carolyn Anthony's (The Center For Women's Fitness) women's health certification (coming soon to Australia!) and Rebekah Rottstein's Buff Bones certification and I still use these regularly in my own teaching.

Q. The best advice you were ever given as a teacher...

A. You NEVER stop being a student.



Q. Is there something you try and instil in each of your clients?

A. Less is more. I want my clients to feel the purpose of each breath, movement, spring choice, prop choice and apparatus choice. I'm always asking them questions and trying to get them to really experience what I'm trying to get them to achieve. I rarely use advanced repertoire in my studio sessions. I'm all about perfecting the foundations.

Q. The best Pilates course you ever did was...

A. Body Organics Comprehensive Certification. As an experienced Pilates teacher, my mind was blown by how much I got out of this and how much I still needed to learn.

Q. What's your favourite piece of equipment to use with clients in studio and why?

A. The mat! It's so humbling.

Q. How do you stay motivated?

A. I have a P.T. so that helps keep me moving, a great team of instructors to facilitate my Pilates fix and I also have some extremely energetic friends who help me burn off all my "crazy" by staying active with me. I often sign up to physical challenges to raise money for charity or for adventures I need to train for. I'm heading off to Nepal to climb up to Everest base camp in March next year so that's definitely given me the mojo to keep active.

Q. What makes you laugh the most?

A. I love to laugh! I surround myself with people who will make me laugh all the time and I'm not scared to laugh at myself.

Erin and her sister Lauren run [The Movement Collective](http://www.movementcollective.com.au/)
www.movementcollective.com.au/

Setting your studio prices

US PILATES BUSINESS COACH SERAN GLANFIELD WALKS US THROUGH HOW YOU SET YOUR PRICES IN YOUR PILATES BUSINESS.

by **Seran Glanfield**

When it comes to the long-term vitality and sustainability of your fitness studio, one of the most important decisions you will make is how to price your services. As a studio business consultant of 10 years, and former Pilates teacher, pricing is a topic I discuss with every single studio owner I work with.

Some of the questions that Studio owners and solopreneur teachers ask most often are:

- Are my sessions priced right?
- What's the right pricing model for my business?
- I want to raise my prices - how do I do that (easily)?

Unfortunately, there is not one, single correct answer to these questions that will work for all studios.

However, there are some insider tips and insights that you might find helpful as you refine the pricing and packages that you offer at your studio.

#1 Beware of becoming a “bargain”

First up, let's tackle the elephant in the room. There is an important factor that comes into play when a business owner is pricing their own services - regardless of how long you've been in the business. And that is your own mindset - specifically as it relates to money. The wrong mindset can hinder your business growth especially if there is a tendency to lean into scarcity instead of abundance in your thinking.

This can easily affect larger studios as much as small studios because while owning a studio business is exciting and fulfilling, it certainly comes with a host of worries, too. One of them being how to get new clients.

Which is why, when sales are slow or new client numbers are lower than needed, the temptation to simply undercut your competition or to price on the lower side to attract clients is very compelling.

However, this is not usually sustainable long-term. I've witnessed many studios losing money implementing this type of strategy and literally driving their business into the ground. On top of that, you risk attracting clients who simply want the lowest price - not who want the valuable benefits only you and your studio can provide.



If you think you might be in this situation, or you're tempted to drop your prices - pause! You don't want to lock yourself into a position in the market that you can't get out of later. One where your clients are simply seeking a cheap deal and are not able or willing to pay more for your services. Instead, use other tools to drive interest and attract new leads into your studio business.

Start with a full audit of all the touch points in your marketing plan and optimise each one according to your goals - this is incredibly fruitful for most studios regardless of their pricing structure.

#2 The Right Price Starts with The Numbers

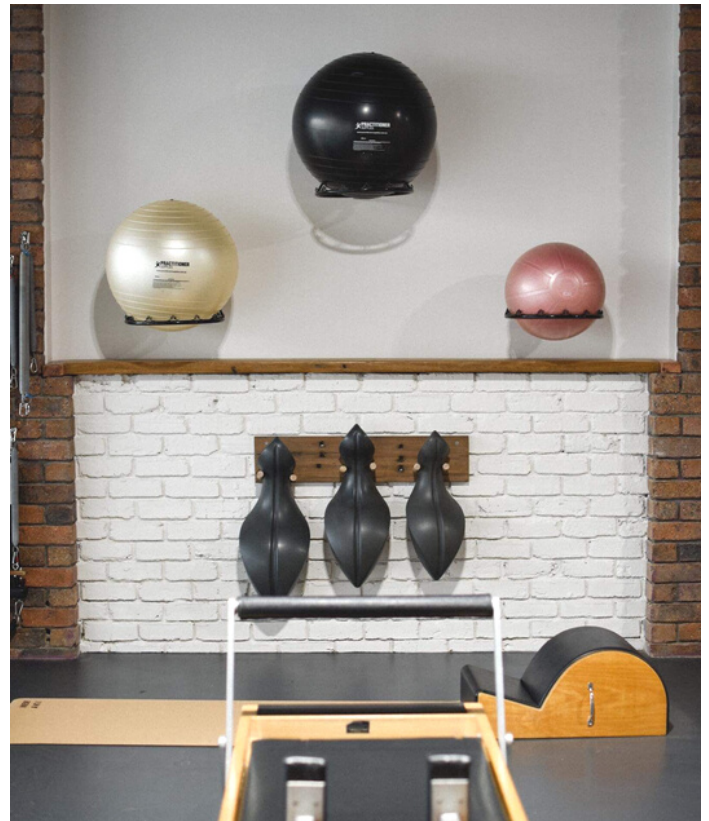
As a studio owner, you'll want to get comfortable with numbers. And, there are numbers that must be considered when it comes to your pricing. Put simply, you must cover your costs and account for your profit margin.

Once you know your expenses (rent, utilities, software) and costs associated with delivering your services (teachers), you have your breakeven price point. Then you'll want to build in a healthy profit margin that reflects the value you offer and your growth goals. This is the science part of the pricing equation.

The artsy part is how you quantify your value.

Perceived value plays heavily on pricing. Yes, you want to make sure that you are not priced way out of line with competitors, but, let's be clear, your competition does not set your price. Your price should reflect the incredible experience and results you offer your studio clients.

“Your price should reflect the incredible experience and results you offer your studio clients”
– Seran Glandfield



Perceived value is driven by:

- The experience clients have inside your studio
- The benefits your clients receive
- What do your clients get from you that they cannot get anywhere else?

Remember: you are not selling a single session. You are selling a lifestyle, health, vitality, and community.

And, can you charge a premium for that? Yes - you absolutely can and should.

#3 Don't Fear Change (or a price increase!)

The pandemic has presented many challenges and now, we are facing the aftermath in the form of rising costs of living and inflation.

Your business is likely experiencing increasing costs too. If you haven't adjusted your prices in the last 18 months, now is probably the time.

Every pricing change comes with its fair share of considerations. However, the key to successfully handling any price increase with your clients is clear and transparent communication and ample notice.

Every pricing change comes with its fair share of considerations. However, the key to successfully handling any price increase with your clients is clear and transparent communication and ample notice.

Be sure to inform your clients with a concise and polite notification that includes the following three key points:

- An appreciation for their business
- A clear outline of the price change
- An affirmation of your commitment to delivering your brand promise.

Will you get a little push back? Perhaps - but it's very rare! More often I hear from studio owners who are pleasantly surprised by how understanding their clients are about a price increase!

Ultimately, your price point is a reflection of the overall value you deliver to clients, and it can make or break your position in the market. Which is why it's critically important to get it just right and when it's not; to make the necessary changes.

Seran Glandfield empowers studio owners with smart strategies, expert guidance and time-saving resources to support building profitable and fulfilling studio businesses. Learn more about how you can work with Seran at springthree.com

Rebuilding and finding new beginnings

RESTORING HER FAITH IN THE PILATES COMMUNITY, KIMBERLEY BUILT HER BUSINESS BACK FROM THE GROUND UP.

by Kimberley Garlick

The start of a New Year is often a time of reflection, accompanied by excitement or trepidation for the year ahead.

I have been a Pilates practitioner for 26 years, and an Educator of Pilates for 22 years. In that time I have felt the Pilates hug of support from all around the world but 2022 really showed me that I have much more than a career in the Pilates Industry but allies who are there when it counts.

As we were rebuilding our studio after the devastating Floods that occurred here in Lismore, April 28th 2022, many incredible Pilates minds and thoughtful souls were sending their support in any way they could. I will be forever grateful.

Lismore was completely under water and my studio of 13 years, Northern Rivers Pilates (NRP), was destroyed. I had family, staff and clients to support. There was no time to dwell only time for action and to move forward. We wanted to support our community, especially our clients who lost their homes, provide a source of Pilates in some way for whoever wanted access to it and to rebuild NRP. My daughter and Studio Manager Maddison was the backbone in raising \$35,000 to give to our past or present clients who needed it most. We then had the astronomical task of cleaning up and rebuilding.

My husband Adam is a builder, but wow what a task, physically emotionally and financially. Through the whole time we were



re-building we held online classes for any person wanting to join us and gave access to our pre-recorded videos for all our clients at no charge.

To financially get the ball rolling, I made some calls and organised work in Sydney at the Polestar Pilates Headquarters in Brookvale along with workshops in various studios and then headed to Singapore and worked with Focus Pilates for a few months. Meanwhile Maddison organised the studio and we gradually started to buy new equipment and re-build. We had a huge amount of support from the Pilates community through this time and I could not have done it without them. They were my extended family.

It was during this time of my work travel that it became apparent that the Pilates Industry workers were craving face to face education. I was booked out in all studios I was working from with Practitioners hungry to learn. I toyed with the idea of a retreat in Lismore and within a couple of weeks we had a line up of phenomenal presenters and we set our dates for November 2022.

Within two weeks of announcing our speakers we were completely booked out. Enthusiastic Pilates Professionals were willing to come to the flood stricken country town of Lismore from Singapore, Korea, Hong Kong, Melbourne, Darwin, Adelaide, Sydney Melbourne and Brisbane. We were beyond excited to be able to open our space for learning and bring business to our community that needed a financial overhaul.

It was to the wire; we were there the night before our first day finishing building touches but we did it. The Teach to Preach Retreat is one of my proudest career moments and mother moments as again Maddison worked the behind scenes to make the entire event run without a glitch.

This opportunity to come together was so much more than an education opportunity it was about treating the mind, body and soul. Maddison had thought of every detail. It was a time to acknowledge the challenges of the past few years and celebrate us all moving forward. We had the amazing Kat Ma talk about her personal experience of overcoming an autoimmune disease-causing full body incapacitation known as Gillian Barre paralysis and each person was able to relate to her strategies of getting through times.

Sharing teaching knowledge with experienced practitioners Cat Giannotti, Luisa Saiter Lins, Julie Park and myself. We heard new upcoming fresh ideas from Maddison Garlick and Kevin Privitt along with my Mum Heather Roudenko who is still teaching amazing classes for the elderly at 77 years of age. We had insightful knowledge shared from Danni Gillham about pre and post-natal women and the effect of Pilates on the Pelvic Floor; the introduction to the Balansit, a posture correction tool created by Daniel Vlandetta the founder of the OOV and most amazing mind and caring soul; Bruce Hilderbrand who shared his unique way of understanding somatic and facial systems and the awesome owner of Focus Pilates in Singapore Daniel Dittmar talking moving the thoracic and classes with Animal flow.



“2022 really showed me that I have much more than a career in the Pilates industry but allies who are there when it counts”
– Kimberley Garlic

There wasn't a moment when people were fidgeting or wanting to leave. Every piece of information was absorbed with eagerness and gratitude. It was also an opportunity for the participants to chat amongst themselves and with us about their personal experiences with the impacts of the past few years. Covid impacted everyone financially, physically and emotionally and although it is a dirty word amongst us all it was a life changing part of history and created new opportunities for some as well as closed others for ever.

Everyone walked away talking about the experience as uplifting and changing for them.

There is an immense pride amongst our industry professionals and every time I have the opportunity to be a part of a convention, workshop or delivery of course material it is very clear that we want quality of teaching to be maintained. Forums such as this reading opportunity is where we can plant the seeds for all who are looking at Pilates either personally or professionally. Keeping our industry alive begins with you and me.



Kimberley has been a Pilates practitioner for 26 years, and an Educator for Pilates for 22 years. Initially, she managed the Pilates Room and wrote their Mat and Reformer Certification training over 500 people. In 2003 she became an Educator for Polestar Pilates.

Kimberley owns Northern Rivers Pilates in Lismore
northernriverspilates.com.au/

Upcoming courses

BASI AUSTRALIA

Mat Program - 10 Feb, Sydney
 Mat and Reformer Program - 10 Feb, Sydney, 17 Mar, Brisbane
 Comprehensive Global Program - 10 Feb, Sydney; 17 Mar, Brisbane
 ProBridge Program - register your interest with BASI below
 Find out more basipilates.com.au/education/

BODY ORGANICS EDUCATION

Mat and Reformer Certifications in Brisbane, Bendigo, Sydney, Canberra, Cairns and Sunshine Coast
 Comprehensive Certifications in Brisbane, Bendigo, Sydney
 Canberra, Cairns and Sunshine Coast
 Continuing Education in Brisbane, Sydney, Melbourne in February.

Find out more www.bodyorganicseducation.com or contact info@bodyorganicseducation.com

REACH MOVEMENT HEALTH

Continuing Education courses run in Sydney, Brisbane and Melbourne across 2023 and include topics such as Managing Sacroiliac Joint Function, Using Reach Arcs and Wedges, Mens Health, Womens Health and Healthy Bones and Hips to name a few.

Find out more reachmovementhealth.com/continuing-education-programs-2023/

PILATES ITC

Enrol and start your online Coursework at any time ahead of your first in-Studio session!

WA, NSW, QLD, ACT, SA
 Diploma – Enrolments closing soon.

Pathways
 Matwork & Reformer – Enrolments closing soon
 Matwork – Enrolments closing soon
 Reformer – Enrolments close March.

Give the Pilates ITC Careers Team a call on (08) 9330 4570 to secure your place. pilatesitc.edu.au/

STUDIO PILATES

Matwork Course - 2-5 Mar - Melbourne
 Reformer Course - 16 - 19 Mar - Melbourne
 Platinum Instructing Course - 21 - 26 Melbourne
 For a complete list of dates in other states see the Studio Pilates website studiopilates.com/education/book-a-course/

POLESTAR PILATES

Complete Matwork - February – Sydney, Melbourne
 Ultimate Reformer - February – Sydney, Melbourne
 Studio & Rehab Series - February – Sydney, Melbourne, Sunshine Coast

For a complete list of dates in other states see the Polestar website polestarpilates.edu.au



TENSEGRITY TRAINING

Cert IV in Contemporary Pilates and Teaching Methodology
 Cert IV of Contemporary Pilates and Teaching Methodology (52855WA) with Reformer (Cert IV and Reformer)
 Integrated Diploma of Contemporary Pilates and Teaching Methodology Courses
 Pilates Group Reformer Instructor Training (PGR)
 Available in QLD, NSW, SA, Vic and Tas
 First courses commence in Jan 2023
 Find out more tensegritytraining.com.au/accredited-training/

Feedback

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 Contact us at hello@thepilatesjournal.com.au

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