



Lifestyle Pilates

in the LOOP

THE LIFESTYLE PILATES NEWSLETTER

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A beautiful fall has arrived and for many of us, our outdoor workouts drift indoors. Pilates is the perfect compliment to your athletic endeavors! As ever, your instructors Ronel, Ilka, Peggy, Ashley, Claire, Lexie, Lauren and Kirsten are here to work with you to help you achieve your Pilates goals. Some new faces you might see are Donna, who's working the front desk during the morning hours and Gabrielle, who is working the evening front desk. We kicked off the season with a great Party on the 24th with wine from Northwest Cellars and an advanced reformer demo by Kirsten! Donna performed a beautiful hula and is considering teaching a Friday afternoon hula class so if you are interested, please let one of us know. We had great prizes to give away. Private Sessions were scored by Becky Horne, Erica and Dave Larsen, and Theodora Schumann. Pilates Books were won by Alan Horne and Tim Helyer. A magic circle appeared for Marcone Olivera, and just for fun two more privates from Ronel were given to Alan Horne and Brandon Schumann. They were good sports for jumping up to try the hula! Thanks to all for a fun evening and a chance for us to say 'Thank You' to our wonderful friends and clientele.

WINTER WEATHER POLICY

During the winter months to come, there are sometimes questions about the inclement weather. We follow the closure schedule of Lake WA school district although there may be some cases where an instructor and client are able to be at the studio through a mutual arrangement.

WHAT TO DO WHEN YOU ARE SICK

We do ask that if you are sick and have a fever that you call as soon as possible to cancel your workout. Please be extra vigilant in the cleaning of the equipment, handles and bars and cover any cough. It is always a personal call whether a workout will improve or tax your system so use your best judgment. We appreciate it!

NEWSY BITS!

A powerful account of recovery and healing is documented by stroke survivor Marian Osborne in her blog: <http://mystokeoffate.blogspot.com/>. We are so happy to have Marian back at the Studio, working out, and that her husband Pete, is joining in Pilates as well. Thank you for sharing your story, Marian.

Congratulations to Celeste Rind, on her new job at UW Hospital as an organizational effectiveness/lean consultant!

Happy belated birthday to Metian Andersen; who celebrated a milestone, as well as instructor Lauren Albert.

Kudos to 10-year-old Brook Wilkes on winning three 1st place trophies in Irish Dance competition. She credits her win to doing Pilates with Miss Kirsten.

Phyllis Moss and her husband are escaping to Ecuador to get some sun for the winter!

Wonderful news came that Lifestyle Pilates was voted top 5 in King 5's "Best of Western Washington" in the recent contest! Thanks everyone for your support! This backs up our finish in the top 3 of Best Pilates/Yoga studio by "425" Magazine! Hooray!

Lifestyle Pilates

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What a Wonderful Body... of Knowledge!

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Who was JOSEPH PILATES?

by Peggy O'Brien Gould

Joseph Pilates was a 'genius of the body', according to Romana Kryzanowska, his protégé to whom Pilates and his wife Clara, entrusted to carry on his authentic work. He used his experience and observation of both eastern philosophies (emphasizing whole body movements in a calm centered state), and western exercise modalities (which stresses strong, motion driven and callisthenic movements) to develop "Contrology". Contrology being the original name of the system we now call "Pilates". He described this system as, "The science and art of coordinated body-mind-spirit development through natural movements under strict control of the will."

Born in Germany in 1880, it is maintained that he, once a sickly child, became determined to improve his health. He became a body builder, loved to dive, ski and do gymnastics. By 1922 Joseph Pilates was living in England and working as a boxer, circus athlete and wrestler. During The WWI he was placed in an internment camp as an enemy alien. Apparently undaunted in his life's work, he assisted in the camp hospital. He adapted the hospital beds and springs into early versions of his apparatus, using them to assist him in rehabilitating the camp's disabled. This was a stroke of his genius and provided him with the idea to make the Reformer and the Cadillac to assist him in enabling people to be able to do his exercises.

He eventually returned to Germany, but immigrated to America in 1926, meeting his wife Clara on the ship on the way over. Together they worked out of their studio in New York, for over 40 years. They taught their Contrology method which they believed to be a health revolution. Joseph Pilates stated, "My method develops the body uniformly, corrects wrong postures, restores physical vitality, invigorates the mind and elevates the spirit." Given the popularity and influence of Pilates in the world today, I think he was right on all counts!

Five Questions IN FIVE MINUTES for Ilka Olivera

by Peggy O'Brien Gould

1. First of all how DO you pronounce your name?

Ilka: E-you-KA.

2. What was your background in Brazil before teaching Pilates?

Ilka: Physical Education, I worked with schools, Water Aerobics, personal trainer and worked with a cardiologist to do test exercises. Also worked for AOL!

3. What is your favorite Pilates exercise and why?

Ilka: Hanging upside down on the Cadillac because it brings blood to my brain and improves my memory. It gives me lots of ideas for my clients!

4. What is your favorite thing about teaching Pilates?

Ilka: To get to know the people. Creating friendships with clients and to help them get better, improving injuries and sharing the excitement of the improvements.

5. What is your advice to improve one's Pilates practice?

Ilka: Do homework! Be aware sitting at your desk and walking that your alignment is good and that your posture is good. Be aware of your movements.