

Canadian Pilates Association

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NEWSLETTER 1 ~ January 2001

The Canadian Pilates Association is up and running! Its been almost a year since we started to build the foundation for our association and put in motion the legal processes to become a non-profit society. Here is a look at a recent highlight of last year and some of the events scheduled for the first half of this year...

Pilates Community Building Event

The first CPA community sharing of ideas and exercises event was held on December 3rd at the Yaletown Pilates Studio. This event was free! It was open to all Pilates enthusiasts (CPA members and non-members). Several of the participants shared specific exercises on the Cadillac and the Universal Reformer. Other participants presented images/ ideas that they had been exploring in their practice. All participants had the opportunity to ask questions and to try out these new concepts. We plan to make this a regular event.

CPR and First Aid Course

A chance to learn CPR and First Aid (or to re-new your certification). We have organized an Emergency First Aid course with *Life Consultants* for Sunday, February 4th. This 8 hour course is designed for the individual with little or no prior training in CPR and/or First Aid. It provides you with the basic knowledge and skills necessary to respond with confidence to a variety of life-threatening emergencies. This course emphasizes a practical and realistic "hands-on" approach using exciting and dramatic casualty simulation to build confidence. The instructor teaches in a way that is memorable and makes the learning interesting!

*Please register by January 31st by calling Karen at the Bodytalk Studio, 591-3633. The fee is \$55 per person and is payable directly to Life Consultants.

Upcoming workshop: the Foot /Ankle and Gait, an applied anatomy review

We are pleased to present this one-day workshop with physiotherapist Deb Treloar on Sunday, April 22nd from 8:30 —4:30. This workshop will cover the *anatomy, surface anatomy, and biomechanics of the foot and ankle* in a straightforward and uncomplicated way. The emphasis will be on the practical application of information so please come prepared to participate (bring shorts), as this will definitely be an *interactive workshop!*

Deb Treloar is a physiotherapist working in Vancouver. She developed and extensively teaches a foot and ankle course for physiotherapists. Ms. Treloar recently published a literature review on the biomechanics of the foot and ankle for the Canadian Physiotherapy Association Orthopaedic Newsletter.

Space for this workshop is limited to twenty people. The fee is \$125 for Canadian Pilates Association members and \$150 for non-members. Please contact Karen at the Bodytalk Studio (591-3633) for more information or to register.

Annual General Meeting

Our first AGM is scheduled for **June 24th** of this year. Many of you have expressed interest in participating on the CPA board. This is your chance! As a member of the CPA you are eligible to be voted in to these positions. There are five positions up for (re-)election: **President** (practitioner members only), **Secretary**, and **3 General Director** positions. If you are interested in joining the **Board**, please contact either Sue, (Board Secretary) at 983-9130 or Amy (Board Treasurer) at 873-2234 for more information.