

NEWSLETTER 19 October 2005

IN THIS ISSUE:

Meet the new Board of Directors	p. 6
NEW MAILING ADDRESS	p. 1
Updates from Board members	p. 2, 4
Article: <i>Continuing Education and the Pilates Teacher</i>	p. 2, 5-6
Article: <i>Some thoughts on Breath work</i>	p. 7 -8
UPCOMING WORKSHOPS	p. 3
Workshop Review: <i>Hands-on Pilates with J. Abbatt</i>	p. 4
Workshop Review: <i>Body Imbalances with K. Angelucci</i>	p. 6-7

ABOUT THIS NEWSLETTER

*The newsletter of the Canadian Pilates Association is designed to be a forum for dialogue and discussion as well as an information resource. It is published 4 times per year (February, May, October and December) and mailed to members only. **Deadline for the next issue is 15th November 2005.** Opinions expressed are those of the individual authors and are not necessarily those of the Canadian Pilates Association. We welcome submissions from the Pilates community.*

PERMISSION TO COPY: you may only copy this publication (in its entirety) for free distribution.

CONTACT INFORMATION:

Amy Kiara Ruth, Editor

akruth@vcn.bc.ca

604-873-2346

CANADIAN PILATES ASSOC.

BOX 5119

Victoria, BC
V8R 6N3

The autumn season is upon us and we have a lot of information to share with you regarding upcoming workshops, what projects your Board of Directors are involved with, and most importantly – our new mailing address and contact information for our General Manager!

The President's report (Liam DayLavelle)

New General Manager:

The CPA has hired Nina Bowkett as its first general manager. Nina lives in Victoria and teaches both Yoga and Pilates. In her capacity as general manager, Nina will handle many of the day-to-day operations of our Association. This will speed up the response time for service to the membership. Please contact Nina directly for all registration matters through her email address. Her contact information is: gm@canadianpilatesassociation.ca Welcome Nina!

New Mailing Address:

We also have a new post office box in Victoria. For the next few months, all mail will be forwarded from the current address but to avoid delay, please address your mail to the new one:

**Canadian Pilates Association
BOX 5119,
Victoria, BC
V8R 6N3**

...continued on next page

Continued from previous page:

The President's report (Liam DayLavelle)

Board of Directors' Communications:

The new Board met via the Internet on September 18 2005. We first tried meeting in the spring with the education committee and then the entire Board prior to the AGM. Future meetings are all scheduled to happen on the net with the exception of the AGM. The use of email to communicate between Board members and to make decisions has been successful so far. This means we have been able to move ahead on several issues, which we will then review and add to the minutes of the next Board meeting.

Membership changes from the AGM:

Membership is to begin from date of receipt of cheque and to expire one year from that date. An electronic reminder will be sent one month prior to expiration. If membership is not renewed, a second electronic reminder will be sent again at expiration of membership with a 48-hour grace period in order to contact the Canadian Pilates Association manager before being de-listed from the web site.

Education committee work:

The Education committee is looking into getting Continuing Education Credits for Canadian Pilates Association workshops. This means that our Association's workshops would be officially recognized by most health and fitness professional associations such as the BCRPA, the PMA, ACE, and by other professional associations for our colleagues in massage therapy, physiotherapy, kinesiology, etc.

Web site:

Very shortly you will be able to register for all workshops online. You will receive an email in response to filling out the registration form for the workshop and a confirmation that your place is guaranteed when we receive your cheques at the new PO BOX in Victoria.

-

-

Continuing Education and the Pilates Teacher

By Heather Low

Continuing education is a vital aspect of every Pilates teacher's professional development. Opportunities abound for gaining experience and knowledge in our chosen field as teachers of the Pilates method. It is essential that we stay current in our field. We are entrusted by those who seek our services to give them the best, the most well rounded, and the most current teaching that we can. Keeping our practice current keeps our practice alive. More importantly, I feel that we must not rest in the complacency of our present knowledge, but always seek to deepen and expand our understanding of the human body and energy systems. The more we learn, the more we see there is to learn.

There are several ways in which we can involve ourselves in continuing education. Two major approaches are through attendance at relevant Pilates-based workshops and through ongoing peer learning (i.e.: taking classes). It is my assumption that all of us who teach Pilates do take continuing education, as most studios and most association memberships require at least a certain amount of [training, education, workshops] per year. Many Pilates and related workshops are presented on a fairly regular basis, at least in Vancouver and Victoria. 'Related workshops', are those workshops that are based in other body-mind disciplines like yoga, Body Mind Centering or in more hands-on, practical skill-based sessions, all of which can help us understand how to work with our own discipline in a deeper way. Sometimes the expense of workshops can seem daunting, to

say the least. However, we all know that we can't afford NOT to take these workshops when they are offered. Happily, the peer learning approach can usually be arranged at a lesser and more sustainable expense. (*....continued on page 4*)

UPCOMING WORKSHOPS & CONTINUING EDUCATION

Please check the Canadian Pilates Association website for info about upcoming

www.canadianpilatesassociation.ca

Pilates and Principles of “Core Intelligence”

Presenter: Marie-José Blom Lawrence

Date(s): 26th & 27th November 2005

Cost: \$ 400 members, \$510 non-members send cheque to: Canadian Pilates Association P.O. Box # 5119
Please send deposit by 11th November, members \$100, non-members \$210.

Description:

This section will explore the staying power of strength and stability. This is achieved by going deeper in the challenge, in accordance with the most recent scientific developments.

DAY ONE:

* Learning to understand the concepts of the “Core” (3D power point supported) * Eye for alignment in the Pilates environment. / Body Landmarks for Postural Alignment * Efficiency and skill in cueing for
* Practical cueing fundamentals and movement analyses for Pilates work based on easy to understand biomechanics

DAY TWO: * Introduction of the “Sling Systems” repertoire on the Trapeze Table. A repertoire of transitional bridge from Mat Work to apparatus work. This work may be used to accommodate clients with problems, respiratory problems or osteoporosis. * The practical integration of Core Principles cued on the Trapeze Table and the Wunda Chair.

Location:

Boditree Pilates & Healing
210 - 2006 West 10th Avenue
Vancouver BC V6J 2B3

Contact Information:

Nina Bowkett
Email: gm@canadianpilatesas.com

Anatomy Trains: Advanced Visual Assessment for Pilates and Movement

Presenter: Tom Myers

Date(s): February 24,25,26, 2006

Description:

Visualizing anatomy in motion - through the skin and on the fly - is not an easy task, but it is a learnable skill. It helps to see connections - sometimes quite distant - between individual myofascial restrictions and resultant movement patterns.

abduction in the hip rests on bad recruitment of the inner arch muscles. A trick knee rests on subtle shifts

Learn to read these patterns through understanding of 'the anatomy of connection' - the Anatomy Trains - running longitudinally through the body. This 3-day course surveys the territory of the fascial planes, but also identifies and correcting the source in the client's movement or structure. We pay significant attention to the small muscles surrounding the hip, as these are often the source of many problems elsewhere.

Location: VICTORIA, BC

Contact Information:

Nina Bowkett; Email: gm@canadianpilatesassociation.ca

Update from the Vice-president (Heather Low)

The project that I am working on for the association at this point is that, of working in tandem with the BCRPA (BC Recreation and Parks Association) to develop a course outline and ICE (Instructor Competency Evaluation) for 'Pilates Fitness Leaders'. As most of our members are aware, this task was originally undertaken as the BCRPA did not feel that it had the expertise within its own organization to develop such a course, and so, sought out members of the community to provide guidance and input in the endeavour.

We are now at the point of having the course outline clear enough so that the course conductors will have a clear idea as to how to structure their courses so that participants will fulfill the basic requirements for understanding the work and successfully completing the ICE. We then need to develop an actual set of questions that could be used for the ICE; this is currently underway. As well, this focus group needs to clarify some of the regulatory issues as to who supervises what element of the course (i.e., course conductors need to fulfill certain requirements).

Update from the Advertising and Web Design committee (Noam Gagnon & Patrick Lui)

Web Site Improvements

The web site will be undergoing further improvements and renovations this fall as we are coming up with a design plan with our talented webmaster in order to revise the web design for a "simple yet elegant" format. In other words, we will be working to keep the technology simple, for those of us who do not have access to the latest in internet technology, while refining the visuals and design for an improved and 'elegant' look. Our goal is to make the Canadian Pilates Association website be a resource site for information and articles related to the Pilates method, anatomy and physiology, personal stories/opinions related to

movement practices, etc.
Stay tuned.

Advertising and Promotion

This dynamic committee will work on increasing public and professional awareness of the Canadian Pilates Association. We will start by adding more information in the ads – making them workshop-specific. We will look to access new venues for advertising; we currently advertise in ‘Canfit-Pro Magazine’ and will explore the possibility of advertising in local newspapers across the country such as the Lower Mainland’s the Georgia Straight weekly.

Workshop review: Hands on Pilates taught by Joanna Abbatt in May.

By Camie Verdone & Liam DayLavelle

Joanna Abbatt presented a two-day workshop at Victoria Pilates Fitness Integration located in central Sannich on Vancouver Island. The morning presentation was done in lecture style using PowerPoint slides to show the individual muscles and their roles as mobilizers and stabilizers of the skeleton. She also provided us with a manual complete with pictures and descriptions of all the material. Each day in the afternoon we moved into the studio and onto the Pilates apparatus for a chance to put the theory into action. Joanna demonstrate how to work with specific body issues using the reformer and the trapeze table and then we all had the opportunity to try the exercises, teach them and observe how different bodies responded. Joanna has a very clear and accessible teaching style in lecture and laboratory environments and is able to transmit the information on several levels, which was ultimately satisfying to both the experienced practitioner and the neophyte. The information was solidly based in modern physiology and was directly applicable to Pilates Method. We hope to have Joanna back to teach again next year.

Thanks Joanna for an excellent presentation and workshop experience!

Continuing Education and the Pilates Teacher

...continued from page 2

I have taken numerous workshops, both in Pilates and in the “related areas”, and quite honestly, would not like to be pushed to choose between one or the other. As a Pilates teacher, I find that I need to continually be challenged by others within my field to keep deepening my understanding of the specific Pilates system itself. Yet I have also been amazed by the greater contextual understanding that I have gained when I’ve taken a

workshop that was not a Pilates-based syllabus, but which taught me about another perspective of working with the mind-body energy system.

I would like, for a while, to focus on the learning to be gained from other disciplines. These related offerings present a great opportunity for gaining new skills, and for seeing another person's perspective on the common 'project' that we all share – that of the understanding of the human body-mind.

There are a number of traditional practices that have stood the test of time and have grown and evolved through thousands of years of dedication given by their masters and devotees. My own experience with the practice and study of Chi Kung has taught me some of the foundational concepts of a martial arts practice (Joseph Pilates was a boxer also). This work has helped me understand some of the more 'masculine' elements of what has almost always been passed on to me in a fairly feminine context. I found through my practice of Chi Kung that not only was I able to approach the exercises in a different way, but that I could understand more clearly what I was seeing when I watched the old film footage of Joseph doing his work. As my female teachers were mainly dancers, it's easy to see that that the type of global awareness I absorbed here would be quite different than had I been taught by, say, gymnasts or boxers. The elements that I used to look at and judge through my 'dancer's eyes' (I used to wonder, for example, what on earth he could be thinking by not stabilizing his pelvis in the Side Kicks...) have now shifted considerably. Now that I have learned more about channeling energy flow through the body rather than working the body in parts, Joseph Pilates' Side Kicks now illustrate to me a flow of motion that is holistic and perfectly integrated with the entire body. This is, of course, an evolution in my own experience. But I think the important part is that this understanding came through more cleanly in my own situation by going outside of my 'form'.

As I mentioned earlier, another option besides the workshop format of continuing education is that of peer education with another Pilates teacher in your area. Attend a weekly class with another teacher, and perhaps invite them to attend yours. Someone who has a background that is different from your own, i.e.: perhaps she or he studied/apprenticed with someone who learned from Eve Gentry or Kathy Grant, while you learned from someone who studied with Romana Kryzanowska or Ron Fletcher. If these names are not familiar to you, I encourage you to delve into a study of the history and lineages within Pilates – it's quite a fascinating history, and most of us find it illuminating to understand where we fit into the Pilates 'family tree'. I can almost guarantee that the time, money and

effort spent on studying with another person will, in the long run, pay out in an increased ability to speak and teach more confidently within the system of Pilates and will make you overall a more sought-after teacher.

My own experience with these various approaches to continuing education is to say simply that I have found all to be priceless. By integrating these approaches, we can have a 'cross-pollination' of sorts happening as we are stimulating both the more intellectual understanding of our work and the practical level of experiential understanding, and letting them interweave with each other. The workshops feed us with new ideas, knowledge and methodologies. The actual regular personal practice is incredibly valuable in helping us understand what our priorities are in teaching and passing on this work. Truly, if you are not practicing Pilates with the supervision and feedback of someone who can genuinely challenge you on a professional and a personal level, what will you have to pass on? (...continued on next page)

(...continued from previous page) It is up to each of us to partake of the manifold opportunities available for learning in this field we have chosen. I seek in my own life not to limit myself by form or ideology, but to seek the truth of anything regardless of how it is presented. We need to make certain that we do not rest in the complacency of feeling or thinking that we know all that we need to know. Keeping ourselves involved with the learning opportunities that are available to us will keep us, and our communities, healthier in the long run. We are all unique and I think our challenge is to continually seek that which will nourish us and keep us teaching and practicing intelligently.

The following members compose your 2005-2006 Board of Directors

Liam DayLavelle, President / Education committee
Heather Low, Vice-president / BCRPA committee
Jo-Ann Sullivan, Treasurer / Membership committee
Mary McKinney, Secretary
Noam Gagnon, Advertising and Web design committee
Anne Kerswell, Education committee
Patrick Lui, Advertising and Web design committee
Erin Murphy, Membership committee

Workshop Review: **BODY IMBALANCES**, assessment and programs by Karen Angelucci

Held at: Pilates, etc Studio, Victoria, BC

Reviewed by Liam DayLavelle, Carmie Verdone

Karen Angelucci is the director of the Body Talk Studio in Surrey, BC. She has been teaching Pilates for fourteen years, seven of those in association with the Delta Orthopedic Physiotherapy Clinic. She has studied Bio Kinesiology, Shiatsu and other holistic practices. Karen emphasized that her job as a Pilates' practitioner is to facilitate smooth, efficient and comfortable movement in her clients and to make them more conscious of how their bodies respond and move.

The aim of the workshop was to receive an assessment of our own bodies, to learn how to assess others and then to apply this information to our work in Pilates by selecting specific exercises to suit the individual assessment. Karen provided each of us with a workbook, which included an assessment, photographs and descriptions of the assessment techniques that she uses in her practice. (... *continued on next page*)

(continued from previous page) On Saturday, the participants worked on each other to practice the techniques of muscle testing and palpation. Sunday started with a review and discussion followed by techniques for treatment and correction of old holding patterns using techniques of origin-insertion massage, neurolymphatic massage points and neurovascular holding points. In order to maximize the benefits of Pilates exercise, undue tension in these old patterns needs to be released. Muscle testing can help determine the state of the muscles and increase the client's awareness of their own body allowing them to bring a focus to specific areas that need attention. After balancing the musculature we proceeded to work on the Pilates apparatus performing the exercises in a

more ideal alignment.

Karen brought a large bag of accessories that she has collected over the years from diverse sources ranging from medical suppliers to dollar stores. Much to our delight, she even had a secret tool about which we are all sworn to silence. The workshop was presented with clarity, humour and good energy.

Thank you, Karen, for a practical, informative and enjoyable weekend!

Part 2 of this workshop will be presented in Victoria in the near future and will continue on from the knowledge built on in part 1.

“As to methods there may be a million and then some, but principles are few. The man who grasps principles can successfully select his own methods. The man who tries methods, ignoring principles, is sure to have trouble”

- Ralph Waldo Emerson

-

Some thoughts on Breath work...

By Amy Kiara Ruth

Lately I've been investigating breath work. Connecting to our breath is a profound way of connecting to our centre. An excellent book I discovered is by registered nurse and yoga practitioner Stella Weller called [The Breath Book, 20 ways to breathe away stress, anxiety and fatigue](#) (1999, Thomas/Harper Collins). This book provides a clear review of the anatomy and physiology of breathing; it would be a good reference for clients wishing to understand the breathing process in more depth. [The Breath Book](#) outlines and discusses positions in which it is easier to breathe - useful for clients having difficulty with their breath. As well, it provides a variety of specific breathing exercises, with clear, step-by-step

instructions, for diaphragm strengthening, for anxiety and tension dissipating, etc. One of the breathing exercises, the 'Divided breath', is much like the percussive breathing used in the Hundred. Reading through and practicing many of these breathing exercises was inspiring.

In addition to reading some of the available literature at the library on breathing and breathing exercises I have had the good opportunity to study both the Continuum movement technique and the Laughter (Hasya) Yoga technique; both of which incorporate specific breath work patterns/exercises.

(continued on next page...)

(... continued from previous page)

Continuum is an on-going inquiry into the movement possibilities created by accessing the fluid systems of the body and has been developed by Emilie Conrad. Breath and sound are used to create vibrations in the fluids of the body – just like a pebble being tossed into a still pond it creates ripples of effect. There are a variety of Continuum breaths with different intents and foci. They are varied in intensity, tempo, and pitch. Humming, 'sss'-type sounds, and soft 'ahh' sounds are ways of gently connecting more specifically to the breath and to the internal movement landscape. When working with participants and breath I make an effort to stay connected to my own breath and if I am introducing sound I will often entrain my breath with their pattern as much as possible.

A more playful approach to breathing can be found in the exercises of Laughter Yoga. Laughter Yoga was created by Dr. Madan Kataria, a Mumbai physician, with the support of his wife, Madhuri Kataria, a yoga instructor. It is a technique that invites you to laugh without the use of jokes, simply for the child-like playfulness of laughter as well as for the stress-releasing and health-improving benefits of laughter. In my own practice I have found that the Laughter Yoga breathing exercises can improve breathing ability and can help to release emotional holding patterns. Laughing is a friendly, and perhaps a more familiar, way to help participants become aware of their diaphragm and abdominal muscles. Here I describe two Laughter Yoga breathing exercises for you to explore. In the spirit of Laughter Yoga, I recommend that you cultivate a tone of playfulness and warmth as you move through the practice of these exercises.

A simple warm-up Laughter Yoga breathing exercise:
Sit or stand in an easily supported upright posture with your hands resting on your hara centre (your upper belly area). Breathe in slowly and steadily through your nose and out with a big smile (show some teeth if

you can). Breathe in again slowly and steadily through your nose and then breathe out with a gentle laugh (chuckle): ha, ha, ha, ha, ha... Repeat this inhale via the nose and exhale with laughter at least three times. If you shift into spontaneous laughter, just let it flow.

Laughter breathing and Forward-bending exercise:

Standing with knees easy and hip-width apart, take a slow breath in through your nose. As you exhale, allow your spine to sequence forward into an easy forward bend (i.e., a standing roll-down/curl-down movement). On your inhale, uncurl your spine to stand upright with arms floating upwards into an open 'V' and allow your inhale to suspend slightly. Exhale with laughter as you easily forward bend. Repeat the uncurling with suspended inhale / exhale with laughter sequence three times. Then, feeling the support through your feet, slowly uncurl up to standing upright breathing easily. As mentioned in the previous exercise, if you shift into spontaneous laughter, just let it flow. Enjoy!