



NEWSLETTER 20 ~ MAY 2006

IN THIS ISSUE:

Notice of AGM, List of Special Resolutions	p. 1
Update Insurance, Member Certification, Renewal Reminder	p. 2
New Website, Marie Jose Workshop Review	p. 3
Tom Myers Review	p. 4
Upcoming Workshops	p. 5

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 several times per year and mailed to members only. 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:

Nina Bowkett
General Manager
CANADIAN PILATES ASSOCIATION
BOX 5119
Victoria, BC
V8R 6N3
(250) 884-7964
gm@canadianpilatesassociation.ca
<http://www.canadianpilatesassociation.ca>

The ANNUAL GENERAL MEETING Takes place: **Sunday, May 28th, 12-3pm**

Location: Boardroom at the **Vancouver Dance Centre**, in downtown Vancouver. *(Please see our website bulletin board for map quest directions.)* There are a number of special resolutions being proposed. *(note: for more detail on each resolutions, please check the CPA website Bulletin Board after May 15th)*

- 1) Proposal to change the rules and regulations that the board of directors be made of up to seven individuals but not less than the minimum number of directors required in accordance with the Society Act.
- 2) Proposal to change the association's name from the 'Canadian Pilates Association' to the 'Pilates Association of Canada'.
- 3) Proposal to change the membership fees and to eliminate a separate registration fee.
- 4) Proposal to add the category of Pilates Enthusiast and to clarify the distinctions of Pilates Instructor, and Matwork Instructor.

We look forward to seeing you at the AGM!



Update on Insurance:

Nina Bowkett

Pilates Method Contractors and Pilates Method Studios work with people's bodies, and they come in various conditions from healthy to not as healthy to injured and in need of rehab. Therefore, Liability Insurance is necessary yet invariably significant yearly cost for Contractors and Studios alike.

The Canadian Pilates Association has been researching Liability Insurance to find the best possible rate to offer our members.

We have researched a wide group of brokers that provide sound coverage for a reasonable rate. The winning offer is from Speirs & Company. Our Board of Directors has voted to accept Speirs & Co. as the recommended insurance broker to provide coverage for our members. We are currently finalizing details and will soon email all members with information on Speirs & Co. rates, coverage, and registration process.

This will be a fantastic offer; one that we hope will save our members a significant amount of yearly expense.

CPA Member Certification:

The Association requires that each member, if stating that they are certified in the Pilates Method, upon application or renewal of their membership must mail proof of their Certification for Association records.

We will soon be emailing a request to any current members that do not have proof of certification on file to please submit copies for our records.

Those members that have records of certification on file will not be contacted.

Renewal Reminder:

The past year has gone by so quickly, it's hard to believe that it's renewal time for so many of our members.

This is your reminder to renew your CPA membership for 2006-2007. We will be contacting you directly via email if you joined or renewed in May or June of 2005, or you may contact gm@canadianpilatesassociation.ca to renew your membership sooner.



Update from the Advertising and Web Design committee

Noam Gagnon & Patrick Lui

Spring is at our doors and once again the cherry blossom trees are filling our beautiful cities with their delicate and captivating colours.

The Canadian Pilates Association is enjoying a spring of our own. Working in conjunction with Christine from Bluelime Design, we have given our association website a new zest of life. For all those who use our site frequently, either to post or view new workshop offerings or to look for current job listings, you will be pleasantly surprised to see that we have improved our appearance so as to better reflect the professional nature of our members. And this is just the beginning.

We have also made our site easier to navigate and expanded the information the site contains, including a history of the Pilates Method and frequently asked questions about Pilates. Members will also be better able to facilitate association business such as membership renewal. It is now a greater resource for members and enthusiasts alike.

We excitedly invite you to surf the new site at: www.canadianpilatesassociation.ca and look forward to your feedback and suggestions.

Have a great spring!

Wishing you great health and spirit,

Noam Gagnon (Website Chair) and Patrick Lui,

As there are several new features accessible to both the public and the membership, please take the time to view the site and check your personal information for accuracy.

Marie-Jose Blom-Lawrence Workshop Revue:

Anne Kerswell

This two day workshop was held in November 2005 at the Boditree Pilates studio in Vancouver. Marie – Jose is the founder and director of the Longbeach dance Conditioning Academy of Movement in California, USA. The workshop was attended by 18 people.

Marie-Jose presented the weekend workshop titled ‘Core Intelligence’ in a thorough and comprehensive manner emphasising that going deeper with movement can be just as challenging as going bigger.

I love the ‘posture play’ workbook we received this has proven to be an amazing reference for me as we often only absorb 30% of information at workshops. Handouts like Marie-Jose’s become a continuation of the learning curve from the information we receive at workshops. If only all presenters would give this quality of workbook at their presentations!

Marie-Jose’s use of imagery for cueing makes the imparting of information to clients much more readily understandable and therefore more easily learned and enjoyed. The use of imagery for recruiting the lower fibres of the multifidi have proven to be indispensable to my teaching, as has the use of the ‘cog wheel’ imagery for isolating joint movement.

I sincerely hope we can bring this knowledgeable lady back to BC for another workshop. Thank you to the people at Boditree Pilates for the use of their beautiful studio for this marvellous workshop.



Thomas Myers Workshop Revue:

Nina Bowkett

Thomas Myers returned for his second trip to Victoria, in February 2006 to present: “Anatomy Trains” Myofascial Meridians Visual Assessment and Hands on cueing for Pilates, Yoga and Movement teachers. This was attended by 30 people and was held at ‘Victoria Pilates’ in Sannich on Vancouver Island.

Mr. Myers is an exceptional presenter and this was evident in his ability to hold the large groups keen interest and attention for the two full days of the workshop.

In the workshop Tom introduced his theory of myofascial meridians, or Anatomy Trains. “The Anatomy Trains system simply shows how the muscles are strung together longitudinally to form a supporting tensile network for the skeleton. ...What we look for is an even tone along these meridian lines, because isolated areas of high tone and slackness will produce compensatory strain patterns that pull the skeleton out of line and lead to pain. ...The Anatomy Trains concept moves beyond mechanical 'cause and effect' actions of muscles to the integrative relational connections of real-life functional movement.” (<http://www.anatomytrains.net/flash/index.html> May 5th, 2006)

After a general overview of the different myofascial meridians, we then chose a few meridians to work with using relevant Pilates exercises. Working in teams we used a hands on approach to feel, cue, and adjust an individual. Each team was assisted either by Tom himself, or his capable assistant Mark Finch from Vancouver.

The work was very interesting in that we were able to see the connections through the body and how a seemingly remote area could be affected through the facial lines. The workshop was open format and Tom’s very basic familiarity with the Pilates Method made the weekend more of an introduction to his theory rather than a full application of this theory to the Pilates Method. It is the Association’s intention to expand on this work and to offer an even more integrated Pilates/Anatomy Trains workshop next year.

Overall, the workshop was excellent and provided useful information and insight to the Instructors in attendance. Tom’s next visit to Vancouver Island is eagerly awaited.



UPCOMING WORKSHOPS & CONTINUING EDUCATION EVENTS

Please check the Canadian Pilates Association website for info about upcoming workshops:

www.canadianpilatesassociation.ca

-JOANNA ABBATT

July 21st & 22nd - Friday 2-6pm, Saturday 10am-6pm

Pelvis & Spine Focus:

Dysfunctions in the pelvis and spine can greatly affect an individual's movement potential. Should each client be performing the same exercises or can we alter the exercise to better suit the individual? Learning to assess dysfunction prior to starting a workout is crucial if we wish to make quicker and longer lasting changes in movement patterns. This workshop will be in a lab setting using Pilates equipment. Participants would benefit to have some prior experience with teaching Pilates machine repertoire and basic anatomy. Early registration before June 30th: 275\$ members, 385\$ non-members, after June 30th 325\$ members, 435\$ non-members.

FALL 2006

RELEASE YOUR BURDENED SHOULDERS

with Karen Angelucci.

-DETAILS TO COME