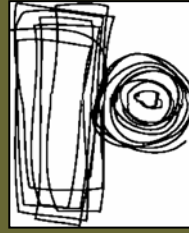


March 2006



Newsletter

InsideOut Body Therapies, Sutton Station, Suite 104, 5826 Fayetteville Rd., Durham, NC 27713
www.insideoutbodytherapies.com tel: (919) 361-0104 email: info@insideoutbodytherapies.com

Greetings!

March Madness is here! Not only are the Devils and Heels gearing up for the Tournaments, but the studio is looking forward to a busy Spring! This month we are offering inspiring new sessions and workshops and a new service. Beginning in mid-March, Mischa Abshire, DPT, will be offering Pilates-Based Physical Therapy on Thursdays and Fridays at the studio. We will have more details on our website and other mailing announcements soon.

As the studio continues to grow and expand, your feedback is even more crucial. Please feel free to contact me at deborah@insideoutbodytherapies.com with any comments or suggestions about how we can better serve you. I look forward to hearing from you.

Deborah

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Upcoming Session Reminders:

Look to our website for details.
Call or email the studio to sign up.
info@insideoutbodytherapies.com

NEW!

Yoga Flow: Saturdays, 10:00-11:00am
(3/4-4/22) \$96

Advanced Mat Flow: Thursdays, 7:15-8:15am
(3/16-4/20) \$72

Pre-Natal Pilates: Saturdays, 9:00-10:00am
(3/18-4/22) \$90

Pre-Natal Yoga: Thursdays, 6:00-7:00pm
(3/16-4/20) \$90

NEW!

Beginning Cadillac: Saturdays, 9:00 – 10:00 am
(3/18 – 4/22) \$150

Exploring Modern Dance Techniques

Instructor: Heather

Dates: Saturdays – March 4th, 11th, 18th, 25th

Time: 2:00 p.m. – 4:00 p.m.

Cost: \$80.00

This month-long series of classes will introduce concepts to bring out the modern dancer in all of us! We will begin by warming up the joints and gradually increase our range of movement to explore concepts of suspension, body part initiations, and weight sharing. We will end each class by learning a short dance phrase to music.

Sign up today. Only one space left!

Pilates' Instructor and/or Enthusiast Workshop

InsideOut will host Master Pilates Teacher, Leah Weckler from The Pilates Center in Boulder, Colorado. She will be teaching a 4 1/2 hour workshop on April 8th from 12:30 – 5:00. The workshop will cover the beginning level exercises to the most advanced movement on the Cadillac or (Trapeze Table). More details on the website. The cost is \$175.00. If you are interested, please call the studio.

Mindful Relaxation WORKSHOP:
Wednesday, 6:00-8:00 pm (3/29) \$30

NEW!

Pilates Fundamentals WORKSHOP:
Sunday, March 12th 2:00 – 4:00 pm \$30
Saturday, April 1st 1:00 – 3:00 pm \$30

March 2006 Class Schedule

Classes are small. Please call ahead or email to schedule.

919.361.0104

We're on the web @ www.insideoutbodytherapies.com

EQUIPMENT CLASSES

<u>Monday</u>	5:00 p.m. – 6:00 p.m.	Inter./Adv. Reformer	Bart
	6:30 p.m. – 7:30 p.m.	Intermediate Reformer	Mischa

<u>Tuesday</u>	12:00 p.m. – 1:00 p.m.	Beg./Inter. Combo	Anna
	6:00 p.m. – 7:00 p.m.	Advanced Pole	Bart

<u>Wednesday</u>	8:30 a.m. – 9:30 a.m.	Beginning Reformer	Anna
	6:00 p.m. – 7:00 p.m.	Inter./Adv. Combo	Deborah
	6:30 p.m. – 7:30 p.m.	Beginning Reformer	Bart

* 6 week session: 2/22 –
3/29 (\$150)

<u>Thursday</u>	6:00 p.m. – 7:00 p.m.	Intermediate Combo	Mischa
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<u>Friday</u>	4:15 p.m. – 5:15 p.m.	Intermediate Reformer	Deborah
	5:30p.m. – 6:30p.m.	Beg./Inter. Reformer	Mischa

<u>Saturday</u>	9:00 a.m. – 10:00 a.m.	Intermediate Reformer	Mischa
	11:00 a.m. – 12:00 p.m.	Beginning Reformer	Mischa

*Must have instructor approval to sign up for **intermediate** and **advanced** classes.

*Classes are small so please call ahead or email to schedule.

FLOOR CLASSES

<u>Monday</u>	9:45 a.m. – 10:45 a.m.	Beginning Pilates Mat	Amy
	6:30 p.m. – 7:30 p.m.	Beginning Pilates Mat	Amy
<u>Tuesday</u>	9:30 a.m. – 10:30 a.m.	Beg/Inter. Mat w/ Circle	Amanda
	5:15 p.m. – 6:15 p.m.	Inter./Adv. Mat	Heather
	6:30 p.m. – 7:30 p.m.	Beg./Inter. Mat	Heather
<u>Wednesday</u>	6:00 pm – 7:30 pm	Power Yoga	Chris
	*8 week session: 1/25 – 3/22 (\$105) no class: 3/1		
	6:00 p.m. – 8:00 p.m.	Mindful Relaxation	Heather
	* Workshop: 3/29 only (\$30)		
<u>Thursday</u>	7:15 a.m. – 8:15 a.m.	Advanced Mat Flow	Deborah
	*6 week session: 3/16 – 4/20 (\$72)		
	5:00 p.m. – 6:00 p.m.	Inter./Adv. Mat	Bart
	6:00 p.m. – 7:00 p.m.	Prenatal Yoga	Heather
	7:00 p.m. – 8:00 p.m.	Intermediate Mat	Heather
<u>Friday</u>	5:15 p.m. – 6:15 p.m.	Deep Stretch	Heather
<u>Saturday</u>	9:00 a.m. – 10:00p.m.	Sculpting	Deborah
	9:00 a.m. – 10:00p.m.	Prenatal Pilates	Heather
	10:00a.m. – 11:00a.m.	Yoga Flow	Heather
	* 8 class session: 3/4 – 4/22 (\$96)		
	10:00a.m. – 11:00a.m.	Advanced Pilates Mat	Mischa
	11:00p.m. – 12:00p.m.	Beginning Pilates Mat	Heather

A *SESSION* is a series of classes that covers a prescribed amount of material in a specific time. (sessions are in red)

Sessions are pre-paid, but drop-ins are welcome if space permits.

Please check with the instructor.

A History of Joseph Hubertus Pilates

Copyright ©The Pilates Center, Boulder, Colorado

This information can also be viewed at www.thepilatescenter.com

Joe was born in Mönchengladbach, a small town near Dusseldorf, Germany, in 1880. He was a small and sickly child who suffered from asthma, rickets and rheumatic fever. His name had been spelled "Pilatu" and was of Greek derivation but was changed to Pilates. This caused him much grief because, as a child, older boys taunted him calling him "Pontius Pilate, killer of Christ". He was so skinny that he couldn't fight back and it was these conditions that caused him to begin the journey to fitness and health. His father was a prizewinning gymnast and his mother a naturopath. A family physician gave him a discarded anatomy book and as he put it "I learned every page, every part of the body; I would move each part as I memorized it. As a child, I would lie in the woods for hours, hiding and watching the animals move, how the mother taught the young." he said. He studied both Eastern and Western forms of exercise including yoga, Zen, and ancient Greek and Roman regimens. By the time he was 14 he had worked so hard he had developed his body to the point that he was modeling for anatomy charts.

Growing up in Germany, he achieved some success as a boxer and a gymnast in addition to being a skilled skier and diver. There are 2 versions of how he traveled to England. One version has it that in 1912 he decided to go there to work as a boxer and another, that by 1914 he had become a star circus performer and toured England with his troupe. In this version he and his brother were performing a Greek statue act! In 1914 after WWI broke out he was interned along with other German nationals in a "camp" for enemy aliens in Lancaster. There he taught wrestling and self-defense, boasting that his students would emerge stronger than they were before being interned. It was here that he began devising his system of original exercises that later became "Contrology". He was transferred to another camp on The Isle of Man where he became something of a nurse and worked with many internees who suffered from wartime diseases and incarceration. He then began devising equipment to rehabilitate them, taking the springs from the beds and rigging exercise apparatus for the bedridden! In 1918, a terrible epidemic of influenza swept the world, killing millions of people, tens of thousands in England. None of Joe's followers succumbed even though the camps were the hardest hit!

After the war Joe returned to Germany and began training the Hamburg Military Police in self defense and physical training as well as taking on personal clients. He said, "I invented all these machines. Began back in Germany, was there until 1925 used to exercise rheumatic patients. I thought, why use My strength? So I made a machine to do it for me. Look, you see it resists your movements in just the right way so those inner muscles really have to work against it. That way you can concentrate on movement. You must always do it slowly and smoothly. Then your whole body is in it." It was at this time that he met Rudolf von Laban, a famous movement analyst, who is said to have incorporated some of Joe's theories and exercises into his own work. Mary Wigman, a famous German dancer and choreographer was a student of Joe's and used his exercises in her dance class warm-up.

In 1925 he was invited to train the New German Army but because he was not happy with the political direction of Germany he decided to leave. On the urging of boxing expert, Nat Fleischer and with the aid of Max Schmelling he decided to come to the U.S. It was en route to America that Joe met his future wife, Clara. She was a kindergarten teacher who was suffering from arthritic pain and Joe worked with her on the boat to heal her. Upon arriving in New York City they opened a gym at 939 Eight Ave, in the same building as several dance studios and rehearsal

spaces. It was this proximity that made "Contrology" such an intrinsic part of many dancers' training and rehab work and many were sent to Joe to be "fixed". George Balanchine, the famous choreographer, studied with Joe and sent many of his dancers to Pilates for strengthening and "balancing" as well as rehabilitation, as did another famous dancer/choreographer, Martha Graham. From 1939 to 1951 Joe and Clara went every summer to Jacob's Pillow, a well known dance camp in the Berkshire Mountains. He was a friend and teacher to such renowned dancer/choreographers as Ted Shawn, Ruth St. Denis, Martha Graham and Jerome Robbins and many required their dancers to go to Joe. Hanya Holm even incorporated Joe's exercises into her students' lessons. However, Joe counted many socialites as well as plumbers and doctors, to list a few, as his clients as well.

Joe felt his work was "50 years ahead of (his) time". Joe's definition of physical fitness was: "the attainment and maintenance of a uniformly developed body with a sound mind fully capable of naturally, easily and satisfactorily performing our many and varied daily tasks with spontaneously zest and pleasure". Joe believed in "natural movements" with the emphasis on doing and being. He has stated, " Everything should be smooth, like a cat. The exercises are done lying, sitting, kneeling, etc., to avoid excess strain on the heart and lungs." Romana Kryzanowska, the heir to Joe's work is quoted as saying " The key to working with the apparatus is they make you do the work yourself. The fewer springs, the harder the exercise. The springs provide or create endurance, not excess strength. The method is based on the movement of animals, everything about the method is based on moving naturally." Carola Trier, a longtime student of Joe's and teacher of his work said " The method emphasizes restoring the body to true balance, ease and economy of movement and a channeled flow of energy."

Although Joe Pilates was a health guru, he believed in fitness supporting your life's rich goals. He was renowned for liking cigars, whiskey, and women and was to be seen running on Manhattan streets, in the dead of winter, in a bikini!

In January 1966 there was a fire in their building. Joe returned to his studio to try and save anything possible and fell through the burnt out floorboards, hanging by his hands from a beam for quite some time until rescued by the firefighters. It is assumed that this incident directly led to his death in October 1967, at the age of 87. Clara, regarded by many as the more superb teacher, continued to teach and run the studio until her death 10 years later, in 1977.