

## Pilates in 2017

Today is Boxing day and I am sitting in my morning meditation. I am aware that this coming week is traditionally a delightfully disorienting one for me, but it is also a welcome break from my regular routine. The New Year seems to be only a few breaths away, but I love this week because there is still time to contemplate my hopes and aspirations for growth and renewal, the tossing out of my old calendar and inviting the fresh page of January on my new one.

I have never been one for resolutions but I do make plenty of room for contemplation, especially this week, which I find very useful when considering where to place my energies and what might need attention in my life for the coming twelve months.

This morning as I contemplate my firmly planted sitz bones on my cushion, I am pleasantly aware that what makes this so easy for me is my core strength. I simply notice that sitting still and tall for one hour, without appreciably moving and without collapsing into poor posture, is easy for me. This was not always so and for this I am very grateful for my Pilates practice. I am, without a doubt, a big Pilates fan.

If sitting still is not your idea of a worthy challenge, flying down a black diamond ski run, turning on a dime with easy downhill confidence after just eight months of a devoted Pilates practice, (having always been a mediocre skier at best), might peak your interest. In both situations, I have to credit Pilates as being the factor that made all the difference.

Cores and Effect Pilates has had a presence in the community of Bragg Creek for over one year now. Here at Cores and Effect we are happy to inform you as to what Pilates can offer and to update you on the goings on at our charming studio on White Avenue, here in the hamlet.

Pilates as a discipline of physical exercise has been gaining popularity in recent years. Here in Bragg Creek, we have seen it grow steadily under the stewardship of Amy Krazizky, owner/operator of Cores and Effect Pilates. Over the past four months Amy has been joined by Tanis Fleming, Master teacher and Corinne Saunders, Pilates teacher and apprentice to Amy

and Tanis.

Cores and Effect now has a teacher training program which has been up and running since September 2016. We have five dedicated, hard working trainees, well on their way to becoming well trained practitioners and budding teachers of the classical method. At Cores and Effect, we aim to produce teachers who can impart the magic of the transformative method as Joseph Pilates himself envisioned it. Students are taught what is referred to as the classical method, or the basic structures of Joe Pilate's vision, not just the repertoire of exercises. They are taught to read bodies, identify patterns of dysfunction and address individual issues as they design their approach to teaching a lesson or an individual student. Our teacher trainees are a dedicated bunch who are on the fast track to becoming devoted Pilates nerds!

Pilates as a method can transform dysfunctional movement patterns and liberate the body into the freedom of supported, structurally integrated movement. Pilates is endlessly interesting and engagingly available to all bodies and all ages.

The Pilates method creates somatic

awareness and provides greater access to the pleasure of living well in the body you have. Pilate invites you to live fully in your body and it has the power to maximize the potential of your musculoskeletal system. It can be gentle and it can be fierce. Practicing Pilates is an experience of coming to know and occupy your body from the deeper layers of muscular engagement to the more visible silhouette your body creates. It is an inside to outside experience that can transform you and your life. It can help you sit still and strong or it can help you fly down a mountain at 100km/hour.

Pilates can be a foundational basis for enhancing anyone's capacity to participate more fully in many, many physical endeavours.

Pilates will challenge and support you at the same time, often a new experience for people who are used to pushing through pain and ignoring the signals of dysfunction. Often we find people come to Pilates out of the disappointment that such dysfunction eventually creates. People arrive at the studio because of pain and/or frustration at not being able to do what they want to do, be that high-level sports, recreational pur-

## CORES & EFFECT PILATES

**Save the dates!**

### **Workshops for Pilates Teachers & Enthusiasts**

Enhance your teaching and keep clients engaged with the 'Bridge the Gap' workshop -

July 28<sup>th</sup> 2017.

Auxiliary : Foot Corrector, Toe Tensometer, and 2x4 - Aug 25<sup>th</sup> 2017.

Transform your teaching with our Connect the Back workshop -  
Aug 25<sup>th</sup> 2017.

Experience the essence of the classical method in a 2-day workshop - Aug 12<sup>th</sup> & 13<sup>th</sup> 2017.

Athletic Conditioning Workshop - September 8<sup>th</sup> 2017

Injuries & Pathologies Workshop - September 9<sup>th</sup> 2017

Email: [info@coresandeffectpilates.ca](mailto:info@coresandeffectpilates.ca) for further details & to register.



suits or everyday activities.

Pilates can help release long held emotional patterns and it can challenge emotional growth. Pilates can support anyone's healing path and can be combined with other therapies.

#### **What is offered at Cores and Effect?**

To get the most out of the method we recommend learning the basics through a series of private sessions. This allows for more rapid progression and individual tailoring of sessions, especially if there are specific limitations an individual is dealing with. Semi-private classes are an option and work best if both individuals are at a similar level. Amy also offers mat classes, and pre-Pilates, (myofascial release classes) as well, or a combination of these two. There is also a Youth Program where classes can be tailored to need and ability.

I mentioned our teacher training program and this will be offered again in the fall of 2017. It is a ten-month diploma program, taught in monthly weekend workshop trainings with weekly practice and practice teaching sessions in between. Tanis Fleming expertly guides students/trainees through incremental skill acquisition, theory, anatomy and the history of the method. Amy and Corinne work with trainees throughout the year, supporting their learning needs and challenging their growth as practitioners and teachers.

#### **What is new at Cores and Effect?**

What is new and exciting in our teaching program is the launching this fall of our **Pilates for Rehabilitation**

**Practitioners Program.** This training is being offered in September 2017 and targets licensed practitioners who practice in the fields of physiotherapy, chiropractic, cranial sacral, among others.

Any licensed practitioner who is interested in the ability to experience and practice a method of structurally integrated movement that will supplement their area of expertise is welcome to apply. We plan to situate this program within the context of a growing cultural and scientific awareness of neuroscience informed trauma theory. We believe it is important that practitioners understand where their work is situated when comprehending and addressing the body's holding patterns of unresolved traumatic events and memories, as well as working with more straightforward dysfunctional habits of movement.

May the force, grace and strength of a Pilates core be with you for an exciting and rewarding 2017!

For more information about Pilates and the studio and its programs, drop into our studio at White Avenue, Bragg Creek or visit our website [coresandeffectpilates.ca](http://coresandeffectpilates.ca). You can reach us by email at [info@coresandeffectpilates.ca](mailto:info@coresandeffectpilates.ca).

Corinne Saunders  
Cores & Effect Pilates