



Dear Movement First Pilates and Community!

### **A Note from Michele**

As the days slowly lengthen and the vibrant colours and sweet aromas of spring flowers return, I find a glimmer of hope. Yet, amidst this renewal, my heart feels heavy for our close-knit community. The losses we've faced and the ongoing unrest in the world weigh on us all. In moments of reflection—especially when recovering from the weariness of winter and battling an overactive mind—I've realised how challenging it can be to find peace.

It's essential to acknowledge these times and to embrace ourselves just as we are. What tools do you have in your kete to help ground you, to reconnect with your centre, and to rediscover a sense of peace and ease?

I recently found hope while listening to an interview on RNZ titled "Why Rest is Vital to Break Burnout," featuring Vincent Deary, author of *How We Break: Navigating the Wear and Tear of Living*. Deary reminds us that our bodies and minds can become worn out by the relentless drip of life's challenges. We're often good at staying "on" but struggle to "switch off," which throws us out of balance. We need to relearn how to value rest.

To support our journey back to a balanced state, it's important to focus on what nourishes us and let go of what depletes us. It takes practice to discover what allows you to rest and to embrace it. Practise what brings you joy, peace, and even curiosity. Whether it's a walk in nature, creativity, focusing on your breath, meditation, Pilates, yoga, or any gentle movement that connects you to your deeper self, make time for what truly restores you.

Below are some valuable resources to add to your kete and support your nourishment as we step forward into spring:

### **Sharing Resources** (holistic practitioners and modalities list)

- Movement First Pilates | 0274753036 | [info@mfpilates.co.nz](mailto:info@mfpilates.co.nz)
- Pacific Osteopathy | 0226449584
- Chiropractor | 0276718090 | [nicolaturner1165@gmail.com](mailto:nicolaturner1165@gmail.com)
- Heart Space Health Coaching/Yoga/Meditation | 021 913318 | [www.heartspace.co.nz](http://www.heartspace.co.nz)
- Qoya via Zoom with Dr Marg Peck | [www.bodywisesomatics.com](http://www.bodywisesomatics.com) & at the studio with Michele
- omChanted (Cacao | Breathwork | Medicine Music | Sound Healing) [omchanted111@gmail.com](mailto:omchanted111@gmail.com)
- Lassara for Shiatsu | 0273757190
- Shu for Reiki Workshops | 021549035

**Timetable/Prices/ Ts & Cs**

We updated our timetable for 2024 and there is a slight price increase in some classes. This will not change until 1 October 2024. Please contact Michele if this is an issue as it is important your investment with your health remains affordable.

The MFP team really loves that many of you are using the PTminder app to take control of your classes. Remember if it is inside the 12 hour cancellation notice you can't take yourself out. Maybe re-read the Terms and Conditions on page 2 after the timetable for a wee refresh.

**Michele away dates**

From Tuesday 20 August - 12 September

I will be continuing with admin and if you need to get in touch please use messenger, whatsapp or email. I won't pick up texts. Or ask your instructor if it's ok to touch base with them via text.

**In stock for sale**

MoveActive Pilates Socks; crew high rise \$25 + classic low rise \$20

MFP Tees; yes finally, check them out on our team and become part of our team too \$60

**Wrap Up**

To my valued Pilates Team, thank you so much for your own unique teaching, your commitment and support to our clients and the business.

To our wider Movement First community of holistic practitioners, thank you for your special contributions and support with our growing wellness hub.

Last, but not least, to our valued clients, it is you who inspires me and others. Thank you for your commitment to your mind body health through Pilates movement and your support for the business.

Arohanui

Michele