

# FOCUS PILATES STUDIOS

## Focus Pilates would like to introduce our new enthusiastic staff for 2009

Hi, my name is **Andrea Sara**. Pilates was recommended to me for improving core strength and pelvic stability after the birth of my 3rd child, 5 years ago. I practiced regularly for 3 years and loved the educative process of rebalancing body and mind. I discovered that the Pilates method not only worked, but its particular focus of core strength, balance and flexibility made it possible for me to dance again, 20 years after I had stopped.

Early in 2006 I completed certificate III in group fitness with F.I.A (Fitness Institute Australia), then went on to complete the Polestar Pilates mat course in September 2006. As a result to this course my spine is moving more efficiently now than it has in 20years, and I have become very interested in the enormous benefits Pilates has for people in their 40s and beyond. Often this age group is neglected in the areas of posture, balance and flexibility and this can become health hazards in later life. I have found teaching mat work very rewarding and look forward to studying studio work in 2007.



**Madonna Mullins** has been a Pilates devotee for the past 4 years. She completed her Bachelor Science at the University of New South Wales, Sydney with a major in anatomy. The study of this degree enabled her to investigate in detail her strong interest in the body and its movement.

Madonna acquired her Pilate Instructors qualifications in Europe, during the period in 2006 and 2007 when she was living and working in Ireland.

Having been active and playing many sports in her younger years, Madonna has found Pilates to be very beneficial in development a better overall body awareness and in developing ongoing flexibility and strength. Madonna has also practiced Yoga, Tai Chi and Tae Kwon Doe.



During this year she will attain qualifications for Rehabilitation Pilates from Polestar. This will continue her learning and benefit our clients by continuing to deliver a high standard in Pilates Instruction characteristic of Focus Pilates.

Hi, my name is **Wanda**. Pilates has been part of my life for the past 5 years. it started when I experienced back pain as a result of a weak lower back and was thrilled when the Pilates method made a difference.ive been hooked ever since and find a particular satisfaction in the group mat sessions. Pilates provides you with an overall body conditioning. After being involved in sport like gymnastics and athletics most of my life, Pilates has helped me rebalance my body and focus on strengthening the weakened muscles.

The challenge of every exercise is what drove me to become an instructor. I obtained my certification in South Africa in the New York method of Pilates. Sharing the positive results of Pilates with clients has taught me the value of good health



**Tamara Diehl** trained in Melbourne with Paul Cini at Physical Mind Studio in 2000. For the past 8 years since living in the Northern Territory she has been working as both a Pilates Instructor and Ballet teacher. This has allowed her to pursue her avid interest in Pilates for dancers as part of their fitness programme, as well as studio and Mat Pilates classes for adults in general.

She also studied at the Australian Ballet School completing the Advanced Diploma of Ballet Teacher Training. Pilates has been as strong basis of her own personal fitness training after suffering much neck and back pain as a young adult.



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