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Welcome to my first Pilates newsletter

and hello to current and past students. It's a great way for me to keep in touch with you and an update to let you know about classes and workshops.

It's not just going to be just me writing, I am going to have some exciting new guest writers, starting next month with Fiona at Style 2 You who will give you some style tips for your Autumn wardrobe.

This month a short piece about Positive thinking - email me susanne@personalbestpilates.co.uk and let me know your thoughts.

When is Positive thinking negative?

I am starting to question the idea of positive thinking and what it really means. And I am drawn to a quote by Mabel Todd, who wrote in 1937 a book called *The Thinking Body*, in which she said;

"For every thought supported by feeling there is a muscle change, man's whole body records his emotional thinking"

Which brings me back to the question, when is positive thinking negative? How many times have you repeated affirmations in the mirror, ending up weeks or months later thinking what a waste of time it was and somewhere inside you, some small nagging

thought or voice is passing judgement that you have in some way failed.

The left hemisphere of our brain is the rational, thinking, side and the right is the feeling, creative side. Unless the two sides of the brain are in agreement about what you desire, then there will be conflict. The feeling needs to be changed or activated so that it is the same as the thinking.

Thoughts are energised by what meaning they have for us, brought alive by our emotional response to them and what significance they hold.

And herein lays the marked difference between what we think and what we feel. Thoughts invested with emotion will be accompanied by bodily sensation. Emotion is from the Latin to move; with movement change can take place, so to create change with our positive thinking it needs to be infused with positive feeling

Positive thinking accompanied by positive feeling, recorded in your your body tissue allows dynamic and real change to take place.



C.D's

I have a collection of CD's for sale enthusing thoughts with positive feelings to bring about the change that you desire. All the Relaxations and meditations are body based, so that you feel your body sensations. There's no complicated imagery or visualisations everything you need, you have right now in your wonderful, marvellous body.

What to do when your Pilates class has finished for the summer break?

My students have found this C.D. really helpful in encouraging them to practice regularly.

"I find having the Pilates CD with me in France so useful, as it

gives me an incentive to get down to some exercise. The instructions are so clear that even if I hadn't done some of the exercises before it would be easy to pick them up. So thank you Susanne for helping me keep focused".

Ruth Shillitoe - regular class member

"The C.D. has been really helpful, its like being in a class, it reminds to do things I forget when doing exercises on my own".

Margaret Fowler - regular class member

Meditative Health & Weight Loss

This involves cultivating awareness to how you are feeling, and using a technique called **anchoring** to harness positive feelings which can help you to change state.

I use this method on the Health and Weight Loss and on the Sleep C.D - we all know how annoying it is when you can't get to sleep, especially if you have a busy day in front of you. It seems that the more your mind starts to think about not being able to sleep, the more frustrated or anxious you become.

Meditative Sleep

On this C.D I help you to change from a worrying or agitated state because you can't sleep to a relaxed state which prepares you for sleep.

Here's what people are saying about the Sleep C.D.

" I have found this C.D. helpful during the menopause, with disrupted sleep and hot flushes. The first time I used it I remember thinking I've been listening for ages and I'm still awake, the next thing I heard was my alarm clock! So keep listening, it really does work." Jean Hart Marketing Manager

"I bought the sleep C.D. for my husband who has been having tension headaches and difficulty sleeping. He listened to the C.D. and not only went to sleep but woke up feeling refreshed and his headache had gone".

Carol Chadwick - regular class member

All CD's can be purchased from Susanne or from the website



Pilates classes in Harpenden and St. Albans

Classes are kept small, with six to twelve people to ensure a high level of individual attention. For this reason booking is required. Classes are £51.00 for six sessions. Wear warm clothing, preferably close fitting so that I can observe your posture and movement. Shoes are not worn but you will need socks.

If you have not done Pilates before I hold a "Back to Basics" class on Wednesday evenings at 7.35 pm for beginners and refreshers. This will teach you the principles of Pilates.