



Hello

We would like to welcome you and your club members to attend a workshop; Pilates for Gardeners. The workshop will be presented by Tania Huddart & Michelle McGregor. The workshop will cover the following key focus points:

- The importance of breathing and its link to creating abdominal strength
- Safe body positions while gardening
- Warm up (before gardening) and Cool down (after gardening) techniques
- Exercises to gain and maintain gardening fitness all year round

This will be followed by coffee and cake and Jenny Hickman will present a lecture/walking tour entitled, Pythons, Puff Adders and Pumas!

In the Botanic Garden? No, not really! This walk looks at plants that strangle, poison and pounce, some literally and some figuratively.

Pilates for Gardeners

When: Friday, 16th July 2010

Time: 9am - 2pm

Where: The Treehouse, Wellington Botanic Garden

What is included: A three hour workshop (9am-12pm) about staying safe in your garden and a fully illustrated course manual, coffee and cake (12pm-12:30pm), a lecture/guided walk (weather permitting) by Jenny Hickman (12:30pm-2pm)

Cost: \$120

Registration: Please make full payment and register by **Monday 5 July 2010**

Tania Huddart and Michelle McGregor have 20 years of teaching experience in body work. Tania has been presenting workshops and training courses for the past seven years in New Zealand, Australia, and the UK.

Please find a registration form and some additional information about us on the second page. If you have any questions I will be happy to answer them, please call me on Wellington 04 476 8899 or via e-mail tania@heartsandbones.co.nz

We look forward to meeting you
Tania and Michelle

Hearts and Bones
21 Hauraki St,
Karori
Wellington
Tel 04 476 8899
tania@heartsandbones.co.nz
www.heartsandbones.co.nz

About Hearts and Bones Pilates and Tania Huddart

Tania came to Pilates training through a career in dance teaching. Tania returned to Wellington to form Hearts and Bones Pilates © Centre in 2002. From 2003 to 2006 Tania provided Pilates services for students at the New Zealand School of Dance and she has also delivered workshops for a variety of organisations. Tania is certified through the Pilates Method Alliance in the USA and offers customised Pilates programmes for clients. She also teaches instructor training programmes and continuing education workshops for Pilates instructors.

Tania's other qualifications include a Diploma in Ballet specialising in teaching from the University of Cape Town, South Africa, and a Bachelor of Philosophy (Hons) from the University of Durham, United Kingdom.

About Michelle McGregor

Michelle graduated as a physiotherapist in Dunedin in the early 90's and has worked as a physiotherapist in both New Zealand and North America. Michelle trained as a pilates instructor in Bahia, Brazil with Brent Anderson of Polestar Pilates in 1998. Michelle has since worked as a pilates instructor in the USA and New Zealand, drawing particularly on her interest in functional biomechanics and rehabilitation in her work. Michelle currently teaches private Pilates sessions from the Hearts and Bones Studio in Karori.

About Jenny

The guide for this walk is Jenny, who grew up on the edge of Fiordland, has studied snow tussocks on a mountain in Central Otago, worked as a plant physiologist at D.S.I.R., as a research assistant in Canada, as a scientific editor in Wellington and now works part-time at the Treehouse Visitor Centre. She has been a volunteer guide at the Wellington Botanic Garden for 12 years, and is interested ethnobotany and the traditional uses of plants for food, clothing, medicine and canoes.

Please fill out the form below and send it **AND YOUR PAYMENT TO:**

Hearts and Bones Pilates Centre
21 Hauraki Street
Karori
Wellington

Payment can be made by cheque or internet banking by the registration date. please contact Tania for bank account details or post a cheque to the address above

Registration form

First Name(s) _____ Last name _____

Postal Address _____

City _____

Home Ph _____ WorkPh _____ Mobile _____

e-mail: _____