



a letter

TO OUR CORE FAMILY



LIEWE CORE CONCEPTS VRIENDE,

There's something about autumn that makes me slow down. The vineyards are turning, the air has that first bite of cool, and I find myself thinking about what actually matters. Not the small frustrations of a busy week, the bigger things.

People. Community. Showing up for each other.

You've had enough messages from us about bookings and schedule changes. This is something different. Once a month, I'm going to write to you about movement, about the body, and about the community we've built together. No agenda. Just me, and whatever's on my mind.



THIS MONTH'S DEEP DIVE

The man behind the method: JOSEPH PILATES

Long before Pilates became a global movement, it was one man's deeply personal mission. Joseph Hubertus Pilates was born in 1883 in Germany and was a sickly child who decided that was simply not going to be his story. By the time he was an adult, he'd studied gymnastics, martial arts, yoga, dance — basically anything that moved the body. He watched cats. Seriously. He was fascinated by how they move.

From all of that, he built something remarkably simple - a method called Contrology, which loosely translates to "control through the mind". He fiercely believed our muscles should listen to our will, and that fitness was never about vanity; it was simply the foundation for a happy life.

What I love most is his simplicity. He created a method that a dancer, a grandmother, a corporate professional, and an athlete could all follow. That inclusive vision is the anchor of Core Concepts Pilates, and the inspiration behind our tagline: "Balance. Simple, but significant."

Over the coming months, I'll share more of his story and the original Pilates principles: Breathing, Concentration, Control, Centering, Precision, and Flow.

CHANGE HAPPENS THROUGH MOVEMENT, AND MOVEMENT HEALS

-JOSEPH PILATES



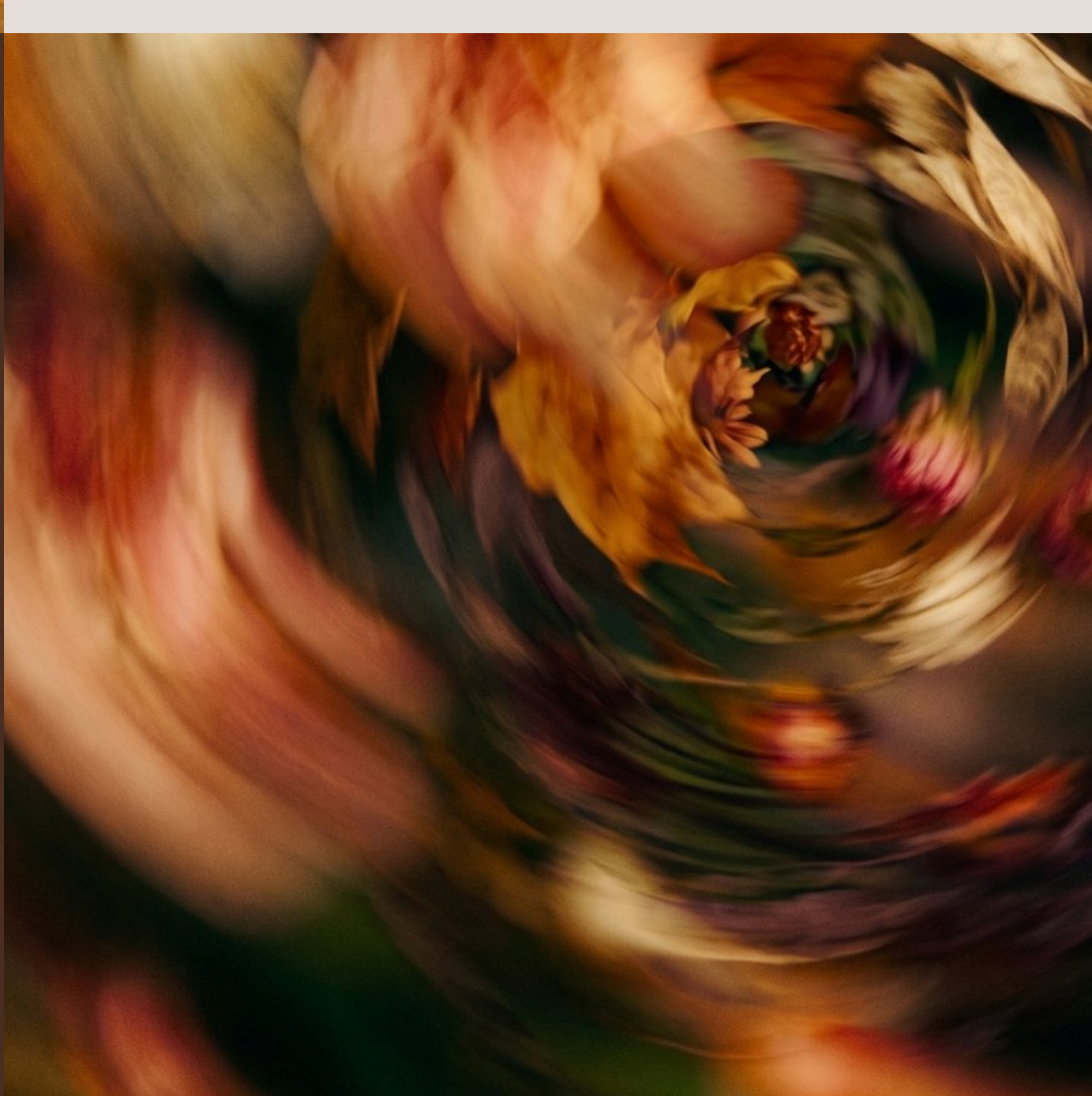
WHAT'S HAPPENING IN THE *core space*

this month.

1. **Winter promotion:** New packages and memberships, for all ages. Keep an eye on our WhatsApp channel and website for more information.

2. **First Saturday Community Classes:** Available at our Stellenbosch Square, Stellenbosch Central & Durbanville studios. Launching 6 June.

DETAILS TO FOLLOW SOON



Our Six homes:

- STELLENBOSCH SQUARE
- WELGEDACHT
- HERMANUS
- STELLENBOSCH CENTRAL
- DURBANVILLE
- NEWINBOSCH (COMING SOON)



AND TO YOU, OUR COMMUNITY, WHETHER YOU'VE BEEN COMING FOR YEARS OR WALKED IN FOR THE FIRST TIME THIS WEEK, THANK YOU FOR SHOWING UP!

MET LIEFDE,
SUZETTE

