

## Letter from the Editor

**H**ad someone told me at the dawn of the new millennium that in a few short years – by New Year's Day 2004 – Pilates would be both a generic word and part of the international vocabulary; that it would be front and center in the worldwide cultural and fitness mainstream; that Ron Fletcher's work would have a comprehensive program of study and a professional teacher certification course all its own; and that Fletcher teachers would occupy seats on the International Pilates Method Alliance board of directors, I'd have told that person to return promptly to their galaxy of origin.

But it has all come to pass! What a testament to the enduring power of Ron's legacy and to the genius of his work!

With new Fletcher Studios opening around the world, dozens of new Fletcher teachers being certified through the RFPOS and membership in the Ron Fletcher Company growing exponentially, now is the perfect time to launch The Fletcher News – a quarterly newsletter designed to keep us all connected and informed. In it you will find articles of interest, words of wisdom from Ron, workshop schedules and calendars of upcoming events as well as classifieds, job listings and much more.

This quarterly newsletter is for practical purposes and, as its editor, I welcome any suggestions, updates, news or articles you'd like to share with the Fletcher community. It is my hope that through this newsletter we can maintain a strong sense of community as our collective vision for the possibilities of Ron's work grows ever stronger and ever clearer.

*Catherine Anderson — Editor, The Fletcher News*  
[cath7771@netzero.net](mailto:cath7771@netzero.net)

## Letter from Ron

**N**ew year greetings and warmest wishes for good health and good times in... wow, is it 2004 already!? Last year was a great one for our Ron Fletcher Company in terms of growth, credibility, recognition and stature. Thanks are due to many: thanks to our leaders for their awesome resolve, tireless work, energy investments and great care; thanks to every one of our members for their devotion and support; and serendipitous thanks to the big bunches of enthusiasts around the world who keep choosing – in ever-increasing numbers – to pursue and practice this work.

Much of your general support, I realize, has come in the form of money for which I am most grateful. Those membership bux are vital and will be used as wisely – and judiciously – as possible to fuel our "ship" for another year through the Pilates poop!

I hope and trust that the renewal of your membership will not be a financial hardship and that you all realize how important every dollar is for the maintenance and continued growth of our company. It is an effort – and a company – of which you can be exceedingly proud. I certainly am!

*Sincerely Yours...for sure,*  
*Ron*

*Membership Forms may be downloaded from the company website on the Teacher's page. Log on to [www.ronfletcherwork.com](http://www.ronfletcherwork.com).*

# Pat's Perspective

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## The RFPOS: Creativity vs. Content

**D**evelopment of The Ron Fletcher Program of Study syllabus has been a work in progress for the last three years. When Ron and I first discussed creating a Fletcher-work teacher certification course we both understood the need for material that could be taught, memorized and tested. To be legitimate and useful, the syllabus would have to insure that our graduates could meet the National Certification Testing Standards. But we also understood the risk of creating a text so concrete it implied the work was rigid and now set in stone.

Ron demanded that it be kept creative, evolving and alive. To accomplish this, in developing the new syllabus we placed as much weight on the creative process as we did on memorization. But Ron also tells us that – lest the work's truths be lost – first comes discipline... *then* creativity. In fact, his message at the PMA Conference this November was that we honor Joe and Clara Pilates best by remembering our ABCs.

Specifically directed and fully endorsed by Ron himself, this Program of Study represents the ABCs of Ron Fletcher's legacy. I am sharing this with you in response to those who have heard that the RFPOS has taken the life and vitality out of Ron's teachings. After a lifetime spent developing it, I doubt Ron would ever allow that to happen.

The RFPOS is a beginning, not an end. It is a thread of continuity that runs from the past, through the present and reaches far into the future in order to connect us all in the essence of Ron's work.

*Pat Guyton, Master Teacher — Director, TRFPOS*

## Fletcher Qualifiers Meet in Denver

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**I**n early December 2003, prospective Qualifiers gathered in Denver to meet with Directors of The Ron Fletcher Program of Study for the first annual Qualifiers Meeting. Discussions and focus groups were held throughout the weekend in an event which coincided with the final weekend of the Level II Program of Study.

In their role as representatives for the Program of Study, Qualifiers are responsible for providing the prerequisite hours students must complete prior to entering the Level I Program. Qualifiers also mentor TRFPOS candidates in their professional development process. Qualifiers work closely with Program Directors to ensure excellence and professionalism in the dissemination of Ron's work as well as to preserve the specificity and the spirit of this movement experience.

A highlight of the December weekend was Kyria Sabin's presentation of the newly completed Program of Study Manual which is now available to students enrolled in the 6-month course. A true reflection of the Program's focus, depth and professional organization, the manual is an impressive, comprehensive wealth of information that will help both students and teachers organize and expand their work.

Nine Ron Fletcher Teachers were formally invited to serve as Qualifying Teachers for the Ron Fletcher Program of Study. All accepted. Among them are Catherine Anderson, San Francisco, CA; Sagrario Castilla, Toronto, Canada; Stacey Dreisbach, Bethlehem, Pennsylvania; Alvin Giam, Singapore; Ken Gilbert, Santa Barbara, CA, Jennifer Hetzler, Cincinnati, OH, Deborah Mendoza, Tucson, AZ; Jonathan Oldham; Boulder, CO; and Aida Zorrilla, San Antonio, TX.

*Aida Zorrilla*

# “Work Wurk Werk”

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## Full-Time Teacher

Full time teacher required at Pilates Bodyworks in Singapore. Starting Tenure: 1 year. We are a 6-year old Ron Fletcher studio and the first Pilates studio to open in Asia. Prefer someone with 2 years experience or more, but prepared to train the right applicant. Salary commensurate with experience. Applicant should be prepared to travel in Asia as we are expanding to other Asian cities. For details please email Alvin at [info@pilates.com.sg](mailto:info@pilates.com.sg). The website is [www.pilates.com.sg](http://www.pilates.com.sg).

## Part-Time Instructor

Pilates by Physical Methods is looking for a part time instructor in her Bethlehem, PA studio. Please contact Stacey Dreisbach at 610-814-0603 or [lovepilates@fast.net](mailto:lovepilates@fast.net).

## Teachers Needed

Qualified Fletcher teachers needed 20-35 hours/ week. For more information please contact Tim or Sabra Zimmer at 303-758-4606, Power Plus, Inc., 1776 S. Jackson St. #100, Denver, CO 80210.

## International Pilates Day

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### May 15, 2004

**T**he first annual International Pilates Day (IPD) is right around the corner and it promises to be a pivotal event in the Pilates world. With a little teamwork & energy, it also promises to be a great opportunity for us to flex a little Fletcher muscle by hosting successful Pilates Day events around the country (and the world!) and showing the Pilates community as a whole what value the Ron Fletcher Company brings to the Pilates Method Alliance.

Sponsored by the PMA, one of the goals of this first IPD is to raise much needed funds for the development of a standardized Professional Pilates Exam – a process that can take years – and costs hundreds of thousands of dollars. To accomplish this, the PMA is recruiting Pilates studios around the country to host official IPD fundraising events.

The Ron Fletcher Company would like to get as many of its teachers and studios as possible involved in these events and activities. This is a great opportunity for us to show the worldwide Pilates community what the RFC can deliver. The deadline for submitting Pilates Day applications is March 15! For more information about how to host IPD events in your area and for a copy of the complete IPD profile and prospectus, please contact Kyria Sabin at [kyriasabin@earthlink.net](mailto:kyriasabin@earthlink.net) as soon as possible.

## The Core of the Matter

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CORE: a central and often foundational part usually distinct from the enveloping part by a difference in nature.

—*Merriam Webster Dictionary*

**T**he word “core” has become a frequent buzzword in fitness and rehabilitation circles. The terms core posture, core stabilization, and core strengthening are used to describe classes offered in health clubs and Pilates studios as well as treatment modalities in rehabilitative centers. But, what is the core of the body? In a series of articles in *The Ron Fletcher Newsletter* I am going to explore some potential definitions of the core of the body. The first definition comes from the East and describes the core of the body in terms of energy centers: *The Chakra System*.

In Sanskrit, *chakra* means energy wheel. My aunt, Janet Jacobs, a yoga teacher and student of The Ron Fletcher Work, introduced me to the chakra concept many years ago. She’s studied this system extensively and views Ron’s work from the perspective of the chakras. I thought it would be interesting to relate this system to the cues and images Ron uses. (This is a superficial view of an infinitely complex and profound system, and I invite you to study further if the concept of the chakra interests you). There are 7 main chakras or energy centers.

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## Core

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1. **The Base Chakra** — The anatomical landmarks of this chakra are the tailbone in the back and pubic bone in the front. In Ron's work, we access this chakra by engaging the "top magnet" at the crotch of the body. The base chakra is the center of the life force and survival.
2. **The Sacral Chakra** — This chakra is located at the level of the sacrum, and is addressed in Fletcher work by establishing the 2 sets of "bolts". This is the center of creativity, motion, and emotion.
3. **The Solar Plexus Chakra** — Found at the waist-line to the lower rib area, this chakra is related to Ron's "girdle of strength". The solar plexus chakra is considered the power center of the body.
4. **The Heart Chakra** — At the level of the heart, this chakra is acknowledged by Ron's work through the care taken in scapular and rib-cage placement, as well as breath. The heart chakra is the center of love and vitality.
5. **The Throat Chakra** — At the cervical spine, this chakra is addressed through the precision of head and neck placement. The fifth chakra is the center of communication.
6. **The Third Eye Chakra** — At eye-level, Ron's specificity of focus brings this chakra into Ron's centering imagery. It houses the center of the mind.
7. **The Crown Chakra** — This is the imaginary rod that goes through the crown of the head and travels down the spine, through the pelvis, between the magnets and to the foot centers. The crown chakra is the integrating energy center that connects the entire kinetic chain, allows communication of the body to the mind, and opens our spirit. This is the center of the divine.

As you can see, the chakric perspective of core acknowledges many aspects of being. It connects the body from head to toe and helps us to organize not only structurally, but also energetically and spiritually. Ron has intuitively brought the chakras into his work. The Ron Fletcher Work, like the chakra system, explores the potential of the whole being. It is the depth and breadth of his approach to movement which keeps us continually motivated and fascinated to study and practice.

*Jonathan Oldham — Our Resident P.T.*

## Upcoming Events

### Ron Fletcher Workshops

Visit the website at [www.ronfletcherwork.com](http://www.ronfletcherwork.com) for individual workshop contact information.

*March 19-21* *Tucson, AZ*

*April 16-18* *Costa Mesa, CA*

*May 7-9* *Cincinnati, OH*

*June 4-6* *San Francisco, CA*

### The Ron Fletcher Program of Study Level I — 10-day Intensive

*January 16-25* *Tucson, AZ*

Sold out! Students attended from all over the world!

*June 18-27* *Denver, CO*

Please note that this is your last chance to attend an intensive this year.

### Spine Corrector Course

*February 20-22* *Tucson, AZ*

A first! To be held in the beautiful new dance building on The University of Arizona campus, this should prove to be an exciting debut.

### Towel Course

*May 21-23* *San Antonio, TX*

Our second Towel Work Course will be held on the third coast: Texas!

### Other Educational Opportunities

#### Body Mind Spirit Conference

*March 3-April 4 Santa Clara, CA*

Many Fletcher teachers will be presenting at this event. Log on to [www.bodymindexpo.com](http://www.bodymindexpo.com) for more information.

Visit [www.ronfletcherwork.com/education](http://www.ronfletcherwork.com/education) for more information about intensives and courses.