

Letter from the Editor

It has been an exciting spring and summer for our company! There have been many happenings all over the world in the last five months indicating the progress and development of the Fletcher Work™ globally. I experienced the global capacity of this work through some phenomenal referrals recently. The students expressed such satisfaction in the common thread of vocabulary, precision and excellence found among Fletcher Teachers worldwide. They were able to continue their studies from where they had left off in a seamless transition and appreciated the comfort of knowing each Fletcher Teacher has similar goals in mind. Thank you to everyone who generously shares this work with the care and specificity imparted to us by Ron and the Program of Study.

In this issue, we welcome one of our new facilitators in a segment designed to introduce you all to some of the many faces involved in this work. Not to be missed is the continuation of Ron's story. He left off with his studio being an exclusive hang out for the who's who of Hollywood. We will also report on a sampling of PMA Pilates Day happenings, and make a surprise announcement! We continue to make progress in our world professionally — the Fletcher future is bright!

Catherine Anderson — Editor, The Fletcher News ~ cath7771@netzero.net



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www.fletcherwork.com:
it's updated and
exciting!

Ron's Saga *continued*

A beautiful lady from Vail, Colorado had read my book (published in 1978) and came to my studio to see what this *Body Contrology* work was all about. Her name was Christy Hill, known as the Queen of Vail. She had been a first class ski instructor in Europe and America, and was also a much sought after model, appearing twice on the cover of *Life Magazine*. After her first session she declared, "Well, I have been to every major spa, exposed to every kind of exercise regimen all over the world and this work is the best ever." She became a major champion and supporter of my work, declaring that it was just too good not to be available to more people.

She asked if I would come to Vail and teach a group of her friends for a period of five or six days at the Vail Athletic Club. I had the full range of Pilates equipment (exact copies of the originals) in my studio and couldn't imagine how to teach the work without the equipment, but it was an interesting project and a challenge so I really put my mind to the idea. I had already developed Percussive Breathing and Towelwork, so that was a starter. Then I took the concept and principles of Joe's Matwork and combined it with some of the Graham Floorwork and Yeichi Nimura's wonderfully fluid movement, being mindful to keep the essence and truth of these brilliant teachers' work. I was fascinated to realize, as I strove to present the very best and truest of these seemingly different movement-studies, how easily they came together to form a body of work I could teach really well while still presenting the truths and wonder of these great visionaries.

And so off to Vail I went, wondering and praying that this would make sense to the "First Ladies" of Vail.

It damned near made a "big bust" the very first day. Betty Ford and her daughter were in that class, and I think Mr. F. was still in office, so there were three or four gents in dark suits hanging around in the hall outside the room in which we were working. I was already annoyed that people could, and did, peer into the room as they

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walked down the hall. So without a word I got up from the floor, walked to the door, opened it wide and called out loudly that I was teaching a private class and did not appreciate them hanging around monitoring my class. There was stunned silence until Mrs. Ford came to the door to explain and asked them to move further away. Despite this commotion, that first workshop, put together by Christy Hill, was a big success and led to many, many more, around the country and the world with entirely new and different groups wanting to learn about Body Contrology.

And, by the way, Christy Hill, now in her 90th year, still practices the Floorwork, spine corrector and reformer three times a week and looks fabulous!!! More later...

Y'all stay well and keep your bodies "at the ready!"

to be continued

Around the World

In April, the Pilates Method Alliance (PMA) hosted the Second Annual International Pilates Day, a one-day campaign designed to raise public awareness regarding Pilates and its professionals. Several Fletcher Teachers and studios elected to Host Pilates Day events with great creativity and enthusiasm! Here is a sampling of Fletcher Pilates Day events nationwide:

Rachel Nace, owner of **Inspiration to Movement** in Pennsylvania, offered a free introductory Pilates mat class, an intermediate Fletcher Floorwork class and a lecture demonstration. People joined the PMA as enthusiastic members and funds for the PMA were raised through a raffle.

Susan Fox, owner of **The Core Center**, also in Pennsylvania, reports: "As a Host Studio, The Core Center's Pilates Day event was a success! Two days prior to the event, the local newspaper in the Lehigh Valley, *The Express-Times*, ran with a full page article about the studio, the PMA, and the need for a National Pilates Certification exam. Our studio held an Open House where demonstrations on the Reformer and Cadillac were given by myself and guest teacher Frances DiGori. It was a beautiful sunny day so we held an outside demonstration of "the 100" where 75 people (ages 12-65+) participated. We raffled off prizes including Pilates sessions and Fletcher braided towels, and sold PMA bracelets. All proceeds were donated to the PMA."

Jennifer Hetzler owner of **The Pilates Center** in Cincinnati, Ohio hosted a 100's event at her studio and organized a raffle. Local businesses donated items for a silent auction to raise funds for the PMA.

Aida Zorrilla and **Paul Scheuer** of San Antonio's **Studio A** hosted an evening Pilates performance and by-invitation party. All proceeds were donated to the PMA.

Body Works Studio in Tucson, Arizona organized an all-day Mat Class Marathon. All participants who made it through received an *I Survived the PMA Pilates Day Mat Class Marathon* t-shirt and a well-deserved massage! All proceeds were donated to the PMA.

For more information on Pilates Day and the PMA, please visit their website at pilatesmethodalliance.org.

TFPOS Update

This June, the Fletcher Facilitators came together from around the world for our annual Facilitator meeting in Tucson. It is a growing group of 17; 13 Facilitators attended this year's meeting. They reviewed the new *Facilitators Handbook* and participated in sessions run by p.r. and website development professionals. Each Facilitator is responsible for preparing and mentoring students in the Fletcher Program of Study as well as representing the Fletcher Work™ in their respective communities. They finished off with a dinner celebration to honor Ron's 84th birthday!



We will soon release our latest Fletcher dvd! This is a photo from the set. Pictured from left to right: Lauren Saracione, Kyria Sabin, Pat Guyton (seated), Catherine Anderson, and Jonathan Oldham. Not pictured: Deborah Mendoza.

The Divine Mechanism

By: Kyria Sabin

The essence of a joyful, energized, healthy life is rooted firmly in the way — and in our awareness of the way — we move through it. And how we move through life involves focusing our minds on how and how well we use what Ron Fletcher calls the human body: “The Divine Mechanism.” Few, Ron says, ever allow themselves to realize their full movement potential. But, he adds, there’s a “mover” in everyone!

For decades, our western “fitness culture” has been built around goal-oriented activities such as competitive sports and exercise regimens that emphasize time and effort spent, calories burned and pounds lost. Face it: we’re counters; and we’ve been conditioned to value quantity — as in the number of miles run or amount of weight lifted — far more than the quality, the precision, the balance and the intent or purpose of our each and every movement. In general, very little focus has been concentrated on HOW to move — not only to preserve our “divine mechanisms” — but more importantly, to embody our bodies in such a way as to enhance our ability to move through life. When it comes to fitness, I believe we need to re-focus: from how much or how many to how best to and why we’re better off moving one way as opposed to another. These are not arbitrary questions.

We spend the better part of our school years working to develop and improve our minds; to think more rationally, to read with greater objectivity; to communicate clearly and in different languages and to apply clear logic to a variety of situations. Why don’t we (as a society) apply the same thoughtful attention to developing our movement potential? After all, the mind and the body are interconnected — and it is not just the mind that innervates the body. A healthy, fine-tuned body sharpens and stimulates the mind. So why not reverse the paradigm from head to toe?! Since the ability to move well underpins any rational definition of fitness, isn’t it time we took a closer look at Movement (yes, with a capital M) for its own sake?

While we value, encourage and emphasize intellectual advancement in our children, we effectively discourage in-depth physical awareness by our lack of attention to it. One of the most flawed assumptions we continue to make is that moving properly just comes naturally. We assume our children needn’t be schooled in the proper mechanics of focused, efficient, mind-connected movement and that they needn’t be encouraged to “get moving” because they do it automatically. Trouble is, they don’t. A fact that is born out with alarming clarity as we continue spawning generations of increasingly (and dangerously) obese and un-motivated couch potatoes.

Would any among us give their children a car without first teaching them how to drive? Of course we wouldn’t! But this is, in effect, precisely what we are doing with their bodies. Just as children need to be taught to drive — and to value doing it safely and correctly, they need similar education in the actual mechanics of their divine mechanism. By not emphasizing to our children the exploration and enhancement of movement, we effectively limit their access to an important part of their self-knowledge, self-awareness and general sense of well-being. And these limitations come with a price. I believe that addiction and body-image issues, eating disorders, teen pregnancy and depression in many cases can be traced directly to the low self-esteem that so often accompanies sedentary, unfocused physicality — particularly among adolescents. I further believe that a movement-based fitness curriculum dedicated to our youth could vastly enhance our children’s well-being and pay dividends for generations to come.

“Movement should be approached like life – with enthusiasm, joy and gratitude – for movement is life, and life is movement, and we get out of it what we put into it.”

—Ron Fletcher

Announcements

We’re now a School!

We are pleased to announce that The Ron Fletcher Program of Study™ is now an official school through the Arizona State Department of Post-Secondary Education. The application and interview process spanned the course of a year and we now have reason to celebrate! Next up: Colorado!

The Fletcher Work™ at Saguaro Ranch!

Saguaro Ranch, Tucson’s soon-to-open, exclusive, destination guest ranch, will offer a complete movement therapy program featuring the Fletcher Work™. Through this partnership we look forward to exposing visitors from around the world to the benefits of the Fletcher Work™!

New Fletcher Studio!

Pat Guyton has opened her new studio in Boulder, Colorado: *Pat Guyton Pilates!* You may reach Pat Guyton at (303) 449-7284 or patguyton@comcast.net.

Meet and Greet: Joyce Ho

By Catherine Anderson

I am continuously curious about the many faces involved in this work and wanted to begin introducing some of the people that carry on the Fletcher legacy through their own study and evolution as teachers. In an interview conducted at the Level II Intensive at the University of Arizona, I had the privilege of meeting a charming new teacher and facilitator, Joyce Ho, from Singapore, Asia. She employs gracefulness and strength when performing this work and her attention to detail is clear.

How did you get started in Pilates? A friend told me I should try Pilates. Pilates was very new to Asia at this point. I was a housewife and had been practicing Yoga. I had no previous movement experience. I studied as a client for one year and decided to learn to teach.



What has been your course of study for this work? I went through the PhysicalMind Program and taught for five years. In 2001 I began studying the Fletcher Work™ after attending a Ron Fletcher Workshop.

Did you find the transition difficult? The Fletcher Work™ is very demanding and I had no previous movement experience. The first time Ron was in Asia I remember being so nervous doing Leg and Footwork with Ron standing right by me. Later Ron asked me to show the piece and joked “you better get this right”.

Where are you in your process of study? I am currently completing the Level II Program of Study and will be opening a new Fletcher Studio in Singapore this fall.

What do you plan on offering at your studio? The studio is in a central location in Singapore. I plan to have a full studio of Fletcher Pilates equipment for private and group classes as well as group Pilates Mat, Fletcher Floorwork, Towelwork and Spine Corrector classes. As a facilitator, I will also offer the formal Prerequisite Program to The Fletcher Program of Study.

Is Pilates in high demand in Asia? Pilates is still very new in Asia but growing in popularity. In Asia the learning style is more classroom focused-- “note taking”. The Fletcher Work™ requires a precision of the mind and the body... that is appealing.

What appeals to you most about this work? The precision and clear progressions of this work.

What are your goals as a facilitator for TRFPOS? To offer a center of study for the Fletcher Work™ in Asia. I have several very excited students already. The Program of Study Facilitator program is well-organized and allows me to contribute by spreading this work in Asia.

What does your husband think about all of this? He loves it!

Next issue we will meet another new face. Thanks Joyce!

Upcoming Events

RON FLETCHER SEMINARS

August 12-14, 2005

University of Colorado Boulder, CO

October 14-16, 2005

Swarthmore College Swarthmore, PA

March 17-19, 2006

University of Arizona Tucson, AZ

FLETCHER PROGRAM OF STUDY EDUCATIONAL OPPORTUNITIES

Level I Intensives

January 7-16, 2006 Tucson, AZ

Level II Intensives

July 8-17, 2005 Tucson, AZ

Fletcher Towelwork™ Courses

December 9-11, 2005 Miami, FL

Fletcher Spine Corrector Courses

September 9-11, 2005 Santa Barbara, CA

February 17-19, 2005 San Antonio, TX

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or to register, please log on to
www.fletcherwork.com/education**

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our new
web address:**

**www.fletcherwork.com
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Consistency

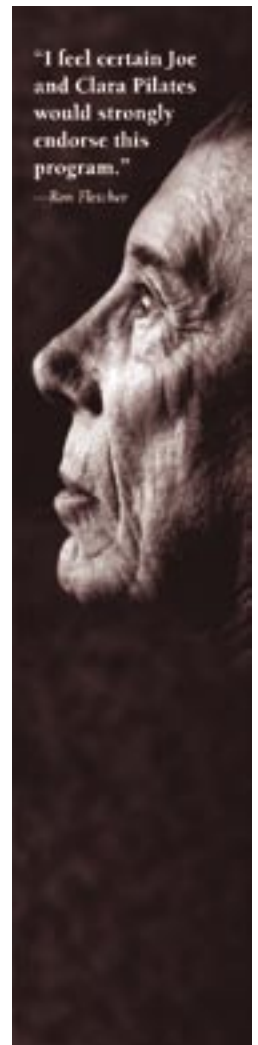
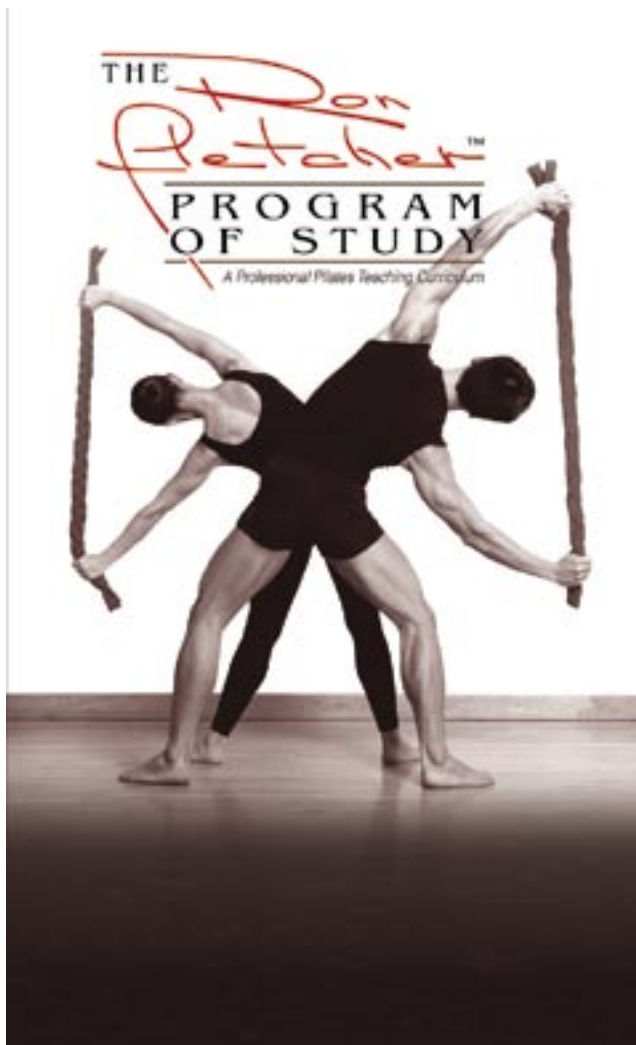
By Patricia Guyton

It has been my blessing to travel with Ron Fletcher; I have seen many studios in many places. Each one has charm and is different. There are cozy spaces with exposed brick, large studios with twelve reformers in military formation, a graceful studio that has tucked in a corner a guillotine at the ready, and spine correctors in a checkerboard pattern in performing arts buildings at universities. There are studios with new equipment and studios with soft and worn straps and aging vinyl. Each one is perfect in its own way. In all locations, studios dedicated to the Fletcher Work™ are filled with commitment, energy and individual expression. What has made an impression on me is the consistency of the message at every destination.

When we first started The Ron Fletcher Program of Study™, it was based on the need to develop a program syllabus that would prepare our students to go out into the world with a comprehensive education. We also wanted to establish a methodology to teach the Fletcher Work™ with Ron's approval and blessing. It seems as if we are never complete, but that is thanks to Ron who never seems to stop creating!

We now have that syllabus and have guided many students through the two-level Program. It is possible to see the consistency of the Program's process through our teachers. It is a joy to meet new students, prepared by our Program Facilitators at a Fletcher Intensive or Course. The Ron Fletcher Program of Study™ now has laminated movement cards, that provide a shorthand method of communicating complex movement patterns and ideas, allowing teachers from all over the world to use the same Fletcher vocabulary. Graduates of the Program of Study speak of the "Fletcher Fundamentals," the "Fletcher Principles of Pilates," or "The Standing and Centering Cues" with a common understanding of their meaning and intention. We now have a community!

The original vision of TRFPOS encouraged all studios to teach within the syllabus and to express creativity without losing the content of the Program. Each studio has a unique signature and atmosphere. What remains constant is the spirit of the Fletcher Work™ and the transformation of the student. I thank each of you for establishing your unique vision and place to practice and spread this Work. Without Fletcher teachers, we would not have a Fletcher community.



Here's a peek at our new Program of Study banners. The photograph on the center panel was taken in Singapore, and is of Fletcher Students Daniel Chan and Claudia Fischer.