



NEWSLETTER

FEBRUARY 2026

Hi everyone, I hope you've been well and enjoying some Olympic coverage these days. For those of you who may not know me, my name is Katie and I'm the owner of Embodied Physiotherapy and Pilates. I wanted to share a few clinic updates with you.

Expanded availability with Jason

Jason is opening additional hours starting February 17. He will now be available on Tuesdays from 2:00–5:00 pm.

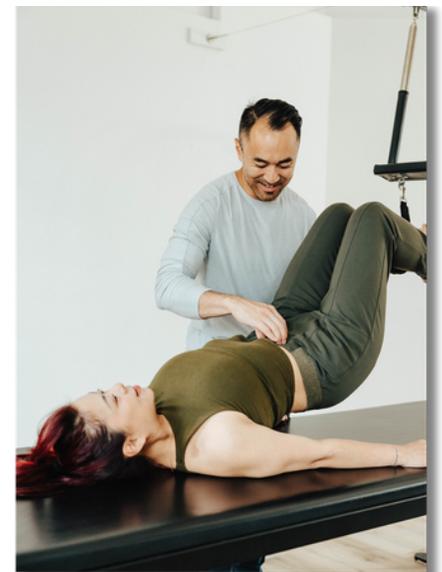
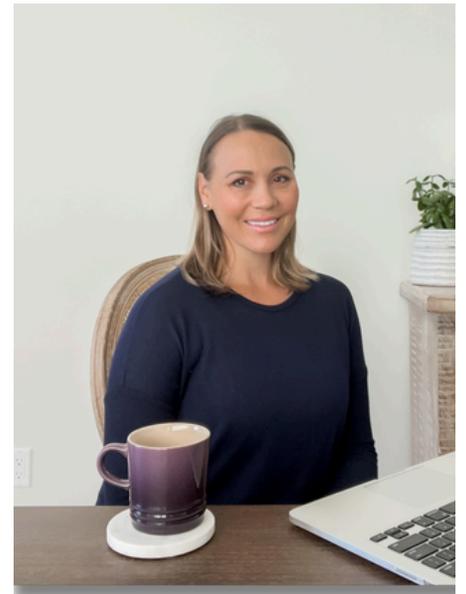
Billing updates

We'd like to introduce Mieke, who has joined our Ginger desk team on the billing side. Going forward, session payment will be processed by 4:30pm on the day of your appointment. If you have an appointment later in the evening, your payment will be processed the following day.

"Hi, I'm Mieke Morgan! I'm a mom of two little ones, and life is a bit of a juggle most days, but I'm so thankful for it all. As a family, we love spending time outdoors, especially in the mountains, skiing, hiking, biking, and ice-skating. I also love DIY projects and enjoy getting creative whenever I can.

I've lived in South Africa and England before settling in Calgary, Alberta, where we truly embrace all four seasons and the lifestyle that comes with them. I bring over 15 years of experience in the Health and Wellness industry and have been supporting Ginger Desk practitioners since 2022. As the Payments Virtual Assistant, I take care of accurate, timely financial operations and work closely with our Communications VA, Shaylah, to help create a smooth and seamless experience for our clients.

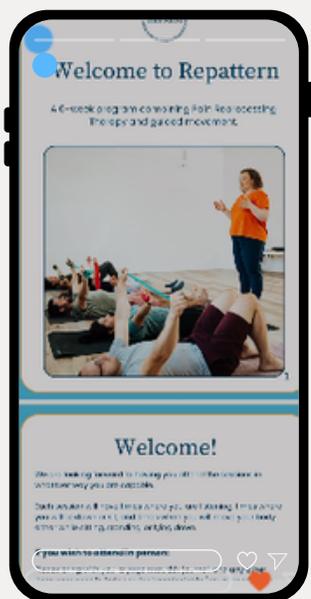
I'm always glad to help and truly grateful to be part of the Embodied Physiotherapy and Pilates team. I look forward to supporting you."



Waitlist preferences

We're working to make our waitlist more specific and useful. If you typically work a 9–5 schedule and are hoping for an evening appointment (such as a 5:30 or 6:00 pm slot), please let us know. We can tailor your waitlist preferences to better match your availability.

[Book Now](#)



Repattern program update

We began our first Repattern cohort on January 21 with a group of individuals looking to better understand their pain. The program includes a structured workbook and guided practice to explore both internal and external factors that influence pain day to day.

Repattern is a 6-week course, offered both in person and online, blending pain science, Pain Reprocessing Therapy-informed strategies, and gentle movement. Participants learn skills and then practice them in real time, similar to learning and refining any new skill. We've been grateful for the thoughtful feedback so far.

Duet sessions with Catherine

Duet sessions are available at select times with Catherine. These sessions allow two people (friends or family members) to share the cost of a private session.

If you're interested, please reach out to Shaylah at info@embodiedphysiopilates.com for current availability.

If you'd like to stay up to date with programs and what's happening in the studio, you can also find us on Instagram at [@embodiedphysiopilates](https://www.instagram.com/embodiedphysiopilates).

Warmly,
Katie

