



Pilates Principles for Life

## **PILATES**

With elements of both Eastern and Western movement and philosophy, Pilates is a holistic approach to fitness for mind, body and spirit. Developed in the 1920's by Joseph Pilates, it has evolved over the past 80 years to become a leading edge influence in the field of fitness and movement therapy.

## **TONE, LENGTHEN & STRENGTHEN**

Pilates exercises are designed to reshape your body with balanced musculature, strengthening what is weak and stretching what is tight. Key emphasis is placed on building functional core strength that flattens the abdominals and stimulates your own "internal girdle of support". Feel taller, longer and stronger from the inside out!

## **SAFE & GENTLE**

Our Pilates program specializes in the fundamentals, which are refined movements that teach body awareness and improved body mechanics. Suitable for all body types, ages and fitness levels the exercises are taught in a safe and gentle format. You will notice improved posture and greater ease of movement!

## **INNER & OUTER BALANCE**

Through breath and mental focus, Pilates connects the mind and body. Pilates is truly an "intelligent" form of exercise focusing on the quality of the exercise and demanding mental concentration, control, and understanding, which promotes mental and physical balance. The skills and awareness you develop, empower you for life!

## **PERFORMANCE ENHANCEMENT**

Pilates is a natural choice for athletes, performance artists, equestrians or anyone who uses their body because it corrects imbalances that are caused by habitual overuse of one side or compensation for weakness. By learning how to use your muscular and skeletal system together with greater balance, support and efficiency, your endurance will increase and your body will be less prone to injury. Take your fitness to a new level!

## **POST- INJURY REHABILITATION**

With the precise focus on proper alignment, muscle recruitment and muscle sequencing, Pilates can restore optimum function to an injured area and integrate it with the whole body. Pilates can also safely and effectively maintain general muscle conditioning in other areas of the body during the healing process.

## **GENERAL ACHES & PAINS**

Many are drawn to Pilates because it is gentle, slow, controlled and can be adapted to suit many varying fitness levels, ages and physical conditions. It is always important to check with your doctor before beginning any exercise program and to make sure that your Pilates instructor is aware of any health concerns/conditions that you may have. We will help you adapt our program to make it safe and effective for you.