

♥ Pilates ♥ Pilates ♥ Pilates ♥

fit for life for you

What is Pilates?

Pilates is a series of movements which are slow, smooth & continuous designed to improve your posture, balance, produce long lean muscles plus build a strong centre from which to work from.

Working on the A, B, C & T – correct alignment/posture, how we breathe in Pilates and activating our deep core postural muscles, all performed with a good technique.

Applying the below principles:

8 Principles of Pilates

Concentration – concentrating the mind and breath on the flow of each movement as it is performed. Concentrate on maintaining good posture and performing each movement correctly, slowly & with control

Breathing – in through the nose and out through the mouth (as if exhaling through a straw). Breathing wide and full into the ribcage (lateral thoracic breathing) movements flow with the breath pattern. Keeping shoulder girdle down throughout with a soft ribcage.

Centring – centring the mind and body (correct posture) finding and maintaining neutral spine (in all positions) plus core activation.

Control – all movements are performed in a slow, smooth & continuous manner all requiring control to ensure correct technique is applied. Controlling the muscles by adjusting the firing order in which muscles are recruited, in turn attempting to correct muscular imbalances, restoring good alignment and posture.

Precision – all Pilates movements are performed in a precise manner, ensuring correct technique is always applied. Each movement is performed slowly and smoothly with control.

Isolation – isolating specific muscles ie – core activation – isolating Transversus Abdominus, Multifidus, Internal Obliques and Pelvic Floor muscles to build a strong core or centre from which to work.

Flowing movements – continuous, smooth movements which flow with the breath and each movement flowing from one to the next. Nothing is strained or forced.

Routine – as the above principles are applied over a period of time the movements become more familiar and routine plus the muscles remember the movement pattern (neural plasticity).

What to Wear

Loose comfortable clothing, bring a warm top to put on for the stretch and relax section at the end of the class. The class is performed in bare feet, but socks are fine if you prefer. A small hand towel is useful for some of the exercises.

What to bring

A Yoga/Pilates type mat (please ask for recommendations). Small bottle of water and a hand towel.

Gill Keitch 07887 570 935 ~ gill@fitforlifeforyou.com ~ www.fitforlifeforyou.com