

BENEFITS OF THE PILATES METHOD

The Pilates Method of body conditioning promotes physical harmony and balance for people of all ages and physical conditions while providing a refreshing and energizing workout. Joseph H. Pilates designed more than 500 specific exercises using five major pieces of unique apparatus to develop the body uniformly (there is also a mat form). Instead of performing many repetitions of each exercise, Pilates preferred fewer, more precise movements, requiring proper control and form. When performing the exercises with proper alignment the body will gain greater benefit versus doing many repetitions with incorrect form. The mind is focused and required to engage the body to perform the movements correctly and the individual will experience new awareness of muscle function and control. Conditioning sessions are done one-to-one with a certified teacher or in closely supervised small groups and each session is tailored to the specific needs of the individual.

Pilates helps to:

- Increase and create balance between strength and flexibility
- Create awareness of and strengthens dynamic stability
- Improves coordination
- Releases stress
- Improves posture
- Incorporates breathing techniques
- Increase core abdominal strength

Pilates is beneficial for:

- General fitness and body awareness
- Pregnancy: Pre and post natal
- Injury Prevention, remedial and rehabilitation work (physical therapy, chiropractic care, orthopedic care)
- Improvement of technique for athletes and dancers
- Great for many ages: elderly and children from 12 years of age