

Pilates Principles

Breath

Breath is the first and last act of life. It is important to learn to breathe fully and with ease. Pilates designed his system to cleanse the blood through oxygenation. Full inhalations and full exhalations are important to release stale air and to rejuvenate the system. Sometimes the focus is on exhaling powerfully to aid in the “work” portion and sometimes the exhalation is used for release. DO NOT HOLD BREATH! When in doubt: Breathe out!

Concentration

Concentration is a key element to connecting your mind and body. In order to work your body you must be present with your mind. When you focus on an area notice how much more you connect to and feel that area activating.

Control

Slow, smooth and controlled movements are the key to Pilates. This develops physical and mental control.

Originally named “Contrology” by Joseph Pilates, the Pilates Method teaches you to be in control of your body.

Exercises must be performed with control to execute the intention of the exercise and to avoid injury.

Centre

Pilates called the centre of our core muscles the “powerhouse”. All exercises for Pilates initiate from the powerhouse or centre and flow outwards to the limbs. Finding your centre energetically has a grounding and focusing effect.

Flow

A unique feature of the Pilates method is the fluidity and grace that is required to perform the exercises. Dynamic energy is used to coordinate the movements with the whole body, giving the appearance of ease.

Precision

Every movement in Pilates exercises has a purpose. Every instruction is integral to the success of the whole. Making a few clear, clean, intentional movements is a hundred times better than fifty actions without consciousness.

Imagination

Our minds work as a switchboard in which we can signal instinctive physical response. Imagery and metaphors are powerful tools to deepen our understanding of the exercise goals.

Intuition

Pilates is based on well-being and whole body/ mind integration. Use your intuition to listen to your body and follow its limits. If you feel discomfort or pain stop and reassess what you need to do to accommodate what your body is

telling you.

Integration

Integration is the ability to see your body as a comprehensive whole. Although certain exercises focus specifically on certain areas, the whole body and mind are needed to accomplish these tasks to the fullest. Pilates works the entire body for balanced length and optimal function.