

The Power of Pilates

Free Spirit Yoga and Pilates
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Pilates incorporates strength, flexibility training, balance, kinesthetic awareness and efficient movement patterns. Pilates trains patterns of movement rather than isolating single muscle groups, ensuring that faulty movement patterns are corrected. The exercises allow individuals to retain and then transfer their new co-ordination patterns to everyday life.

Task-specific exercises are adapted to unload the limbs or spine appropriately as healing occurs, while still allowing muscle re-education to take place. Pilates works very effectively for rehabilitation from injuries and students report heightened body awareness, fewer injuries, enhanced co-ordination, improved flexibility and strength and a rapid return to their sport.

Initially optimal spinal alignment, stabilization and breathing are all mastered during simple exercises, as you become proficient with these simpler tasks you progress to more and more complex exercises.

In Pilates faulty movement patterns are evaluated and broken down into smaller units so that they fit into the exercises according to your specific needs. Training usually begins in a less challenging environment when exercises can be broken down and unwanted movements and faulty habits can be changed. Attention to cueing and focus on breathing are effective methods to change old habits.

As a general rule the number of repetitions is kept small with the emphasis on quality movements. Students are educated to set their own limits and recognize variables that could put them at risk for injury, to learn when to stop the activity is of the utmost importance.