

About Pilates

The Method

"It is the mind itself which builds the body" Joseph pilates

Pilates is a mind and body conditioning programme which changes the way in which we use our bodies. Whilst practicing we are constantly challenged to be present with our mind; being completely aware of how we are moving and where we are in space. It teaches us to focus the mind and be in control of the body. We become aware of a better way to move and carry ourselves, pain free and with beautiful posture!

This proven method targets the deep postural muscles which allows us to build strength from within. A 'girdle of strength' is created which is one of the primary goals in Pilates and is achieved by strengthening the core muscles that stabilise the torso. Our muscles are rebalanced, good movement patterns are established and our postural alignment corrected. Improved focus and body awareness play an integral part in relieving unwanted stress and muscular tension, caused by the bad movement and postural habits that we all pick up as a result of a modern lifestyle. The body will naturally become stronger, leaner and more toned, finding a perfect balance between strength and flexibility. Who doesn't want to be strong and supple and be able to move freely, without discomfort or pain? It makes sense!

Pilates has a slow and controlled approach, giving long term results. Precise, flowing movements mean that the damage and strain on muscles and ligaments sometimes connected with other fitness regimes is avoided. So whether you are an athlete, looking to enhance your performance and avoid the risk of injury or a first time exerciser, this wonderful technique is suitable for all!

"Physical fitness is the first requisite of happiness. In order to achieve happiness, it is imperative to gain mastery of your body. If at the age of 30 you are stiff and out of shape, you are old. If at 60 you are supple and strong then you are young." Joseph Pilates

How it all began...