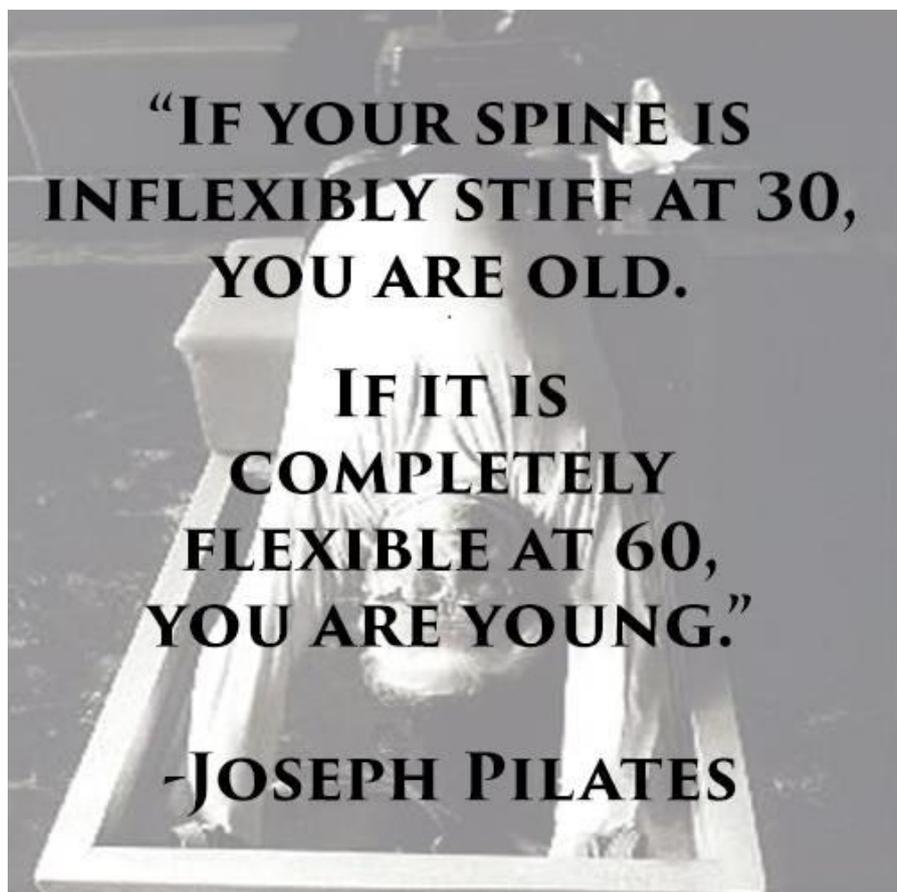
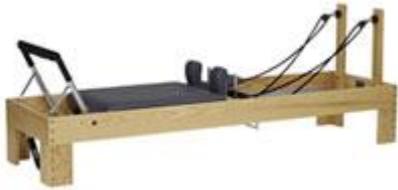


PRINCIPLES of PILATES

BREATHING	develops awareness of body actions and re-action, assists in dissipating tension, assists in regulating oxygen levels in the brain and tissue and enhances the energy system through highly oxygenated blood.
CONCENTRATION	focus on each movement to build mental stamina.
CONTROL	each movement is practised repeatedly.
PRECISION	focusing attention on the detail.
FLOW of MOVEMENT	fluid movement allows energy to build and release with consistency.
AWARENESS	(Visualisation/Imagination): synchronises the body and mind, developing a heightened awareness of sensation.
NEUTRAL SPINE	establishes and enhances balanced spine by ensuring each disc has its own even pressure, thereby allowing a natural cushioning effect from any jarring of the vertebrae. It permits a more efficient, precise and powerful movement, causing less stress on the muscles, discs and nerves.
POWERHOUSE	the abdominal and pelvic floor muscles.
THE CORE	consists of the neck and torso, including abdominal, back and pelvic floor muscles. The core muscles support the integrity of the spine.
BENEFIT	redevelopment of movement patterns creates a more balanced and efficient use of the muscles; therefore, allowing for ease of movement and relief from tension, tenderness and soreness which often are inherent causes of habitual pain.



PILATES EQUIPMENT (an example of some of the equipment)



REFORMER

Utilises 5 spring tensions (plus combinations) to produce resistance for targeted muscle groups. Used to strengthen as well as challenge muscle development and stabilisation of the structural frame.

SPINE CORRECTOR

Stabilises the pelvis in the groove, thereby encouraging the flow of muscles from the core through to the extremities. Excellent for improving postural alignment. It is sometimes referred to as an 'Intermediate Barrel'.



WUNDA CHAIR

Develops a stronger engagement of the core muscles when laying across the machine. Allows targeting of sections of the spine so weak postural muscles can be strengthened for additional support.

CADILLAC

Complete body work out for strengthening, challenging and stretching, encouraging a more defined use of muscles for everyday tasks and function.



HIGH LADDER BARREL

Encourages a stronger engagement of the 4 powerhouse muscles by adjusting the body structure to various and altering degrees of angles.