What is Pilates?

Pilates is a holistic physical work out with specific emphasis on 6 principles:
- Breathing
- Centring the body
- Control and concentration
- Precision
- Flow of movement

The founder Joseph Pilates placed particular value on learning to control the torso, stabilisation and flexibility of the spine. Accordingly, Pilates trains the whole body, especially the ‘middle’ (stomach muscles, pelvic muscles and rib area, lower back and posterior).

Pilates is suitable for all age groups. Even whilst/post-back pain and neck area (not suitable for acute slipped disc but suitable after subsidence of the acute phase).

The effects of regular training:
- Strengthening and stretching of muscles
- Improvement of torso stability
- Improvement of joint flexibility
- Training of physical perception
- Improvement in posture by breaking incorrect movement and posture patterns.
- Improvement of coordination
- Reduction of back pain and muscle tension
- The body becomes firm and supple, especially a firm and taut stomach and posterior.

Please bring along
- Hand towel
- Tightly fitting clothes
  (to better correct the posture)
- Barefoot (or anti-slip socks)

Prior consultation in the case of:
- Acute pain
- Pregnancy
- Osteoporosis
- Surgical procedures

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