

MAT PILATES

MAT PILATES is a physical fitness system that was developed in the early 20th century to strengthen, stretch and stabilise key muscles. With a focus on correct alignment, centring, concentration, control, precision, breathing and flowing movement to build strength, flexibility, and lean muscle tone, it's also a mindful form of movement

The emphasis in Pilates is on lengthening the body and aligning the spine to achieve balance between strength/length in the front, back and sides of the body

STRENGTHEN THE CORE

In class, we'll be doing exercises that strengthen the core stabilising muscles of the body. This includes the stabilising muscles of the spine, pelvis and shoulder blades to improve joint mobility and stability – making it perfect for both stiff and hyper-mobile students

Pilates is known for working the body from the inside out, with an emphasis on alignment, balanced muscular strength on both sides of the body and enhanced muscular control of the back and limbs. Improved posture/alignment makes us look taller, slimmer, younger, feel more confident, more energised. Slumped posture/imbalance on the other hand, can lead to low energy, pain, low mood, poor digestion and shallow breathing. The positive effects of improved posture, increased range of movement + feeling stronger, more empowered from the inside out may soon have you feeling more comfortable in your everyday activities and can significantly reduce the risk of injury

With **multi levels offered**, we'll develop the tone of the Pelvic Floor, Transverse Abdominus, Multifidus, Gluteal muscles, Lower Trapezius, Serratus Anterior, shoulders and shoulder blade muscles and the Deep Neck Flexors

CLASS TIPS

Your pelvic floor muscles need to be activated throughout each Pilates exercise. To activate the pelvic floor, think of stopping yourself passing wind, or stopping the flow of urine – men – draw your testicles back into the body to switch the pelvic floor muscles on

Pelvic floor muscles support the bladder, bowel and the uterus. They prevent incontinence of bladder and bowel, prolapse and are also important in sexual function. The pelvic floor can be weakened by pregnancy, childbirth, prostate cancer treatment, obesity and the strain associated with chronic constipation

THE T-ZONE

The T-Zone refers to the Pelvic Floor and the Transverse abdominus – I'll teach you how to activate the T-Zone in class for spine and pelvic stability




HYPER-MOBILE?

Pilates is the perfect style of exercise for those with too much range of movement in their joints as it develops all the stabilising muscles of the body, making the joints more stable

BEGINNERS

This course is multi-level, choose the level of activity that suits you, not comparing yourself to anyone else in class. During class, you'll feel your muscles working but we never want to feel pain in the back, neck or any of the joints. Listen to signals from your body and you'll safely get stronger, longer, leaner muscles at a pace that works for you

MAT PILATES

POSTURE TYPES	A BRIEF SUMMARY OF HOW GSY + PILATES HELP
	<p>This posture can cause shallow breathing, hip and knee pain, neck pain, TMJ issues, abdominal discomfort</p> <p>To relieve the effects of forward slumped posture, one GSY movement will be to gently exaggerate the contraction of the front body to highlight it to the brain, then consciously release the area, returning the muscle tone to neutral. Combined with Pilates to stretch what's tight and strengthen where's weak, improvements in posture are possible</p>
	<p>This posture type one of the GSY techniques releases the muscle tension of the lower back, relieving compression in the lumbar spine. Exaggerated lumbar lordosis can be painful + may cause herniated discs, hip and knee pain, back or neck pain, numbness or tingling that radiates into the legs and feet</p> <p>GSY combined with Pilates stretches what's tight and strengthen where's weak, improvements in posture are possible</p>
	<p>This posture type can lead to one-sided pain or discomfort, sciatica, leg length discrepancy/one hip or shoulder higher than the other + scoliosis</p> <p>In class, we use movements to release tension through the waist, ribs and outer hip. A leg length discrepancy caused by poor posture creates unbalanced muscle strength and tension, potentially leading to bursitis and osteoarthritis of the hip, patella and back pain. In this condition, one leg looks and feels longer than the other, but is the same length when measured.</p> <p>GSY combined with Pilates stretches what's tight and strengthen where's weak, improvements in posture are possible</p>
<p>Flatback Swayback Kyphosis/Lordosis Scoliosis</p>	<p>All postures will be addressed in class with total body conditioning</p>

I look forward to sharing sensational somatics and mat pilates with you!