

## **Why Pilates?**

**Pilates has been extremely popular in the UK and the United States for many years. Most cities can boast a Pilates studio with professionally qualified instructors every few square miles. It is an expensive method because the equipment and training is very costly and the method is very effective for all – particularly those with back or postural problems and injuries. It is the favoured method for many professional dancers and athletes to enhance their performance and to keep their joints and muscles balanced and healthy.**

**There are a lot of exercise classes that include Pilates based exercises but for Pilates to be truly effective it should be taught by a professionally qualified instructor. This way the instructor is trained to help individuals master the technique and once that happens the true benefits will be illustrated. It is necessary to commit to a course of lessons to achieve these benefits and different people will progress at different rates.**

**Joseph Pilates said that in 6 weeks you will feel Pilates in your body, in 10 weeks others will notice and after 30 sessions your body will be completely changed.**

**To practice Pilates it is necessary to know the importance of understanding the principles and the basics. Pilates is concerned with the alignment of the spine and good posture and the exercises are designed to work with the hips, knees and shoulders aligned properly. Pilates is very relaxing and most of the exercises are performed lying on the floor. Any age or fitness ability can do Pilates and the method can progress to become quite athletic and challenging as the body gets stronger.**

**Pilates teaches you about breathing, with movement, body mechanics, co-ordination, strength and flexibility. Therefore as a result the exercises are very precise and when good technique is achieved it will condition the body into moving and looking better. In fact there are numerous benefits including looking longer and leaner!**

## **Osteopilates workshop**

**In April 2012 Karena Thek Lineback TV presenter and Pilates and health expert, will be presenting her Osteopilates workshop at Tara Casa and is available on a non-residential basis.**

*Pilates undoes everything bad that life does to your body and results in a healthy strong and better body.*

*Vivienne Wharton*