



DESCRIPTIONS FOR EACH OF THE PILATES WORKSHOPS

Boxes of the Body:

Explore the intricate connections within your body, understanding it as a series of interconnected "boxes." This workshop delves into the anatomical compartments of your body, focusing on how each section contributes to overall strength, flexibility, and balance in Pilates practice.

Keep It Simple:

•Simplicity is key. In this workshop, simplify your Pilates movements by refining your technique and focusing on the foundational principles. Embrace the elegance of straightforward exercises that bring profound benefits, fostering a deeper connection between mind and body.

Move from the Pelvis:

The pelvis serves as the powerhouse in Pilates. Learn to initiate and guide movements from the center, enhancing precision and efficiency. This workshop emphasizes pelvic stability, mobility, and the integration of the pelvis in various exercises to amplify the effectiveness of your Pilates practice.

Athlete at All Ages:

Pilates isn't limited by age; it enhances athleticism across the lifespan. Discover how Pilates can benefit individuals of all ages, promoting strength, agility, and resilience. This workshop explores tailored exercises that cater to different age groups, ensuring a holistic approach to fitness.

More Than Just a Chair:

Beyond its utilitarian purpose, the chair becomes a versatile tool in Pilates. Uncover the diverse exercises and movements achievable with a simple chair, adding a new dimension to your practice. This workshop demonstrates creative chair-based routines that challenge and elevate your Pilates experience.

Controlled Tension in Hands and Feet:

Precision in Pilates extends to the extremities. Understand the importance of controlled tension in your hands and feet for optimal stability and control. Through targeted exercises, master the art of balancing tension and relaxation, enhancing your overall Pilates performance.