

Pilates Matwork

Pilates is a method of exercises that connects the mind and the body as one and allows the body to move in a more efficient way. This form of exercise uses your body to its greatest advantage, utilizing your own strength, and co-ordination, it will correct muscle imbalances, improve posture and body awareness, enhance flexibility and range of motion and increase core stability. To help achieve this powerful mind-body connection, the following 6 principles should be kept in mind -

- **Breathing**
- **Concentration**
- **Control**
- **Centering**
- **Precision -**
- **Flowing Movement OR Rhythm**

A Refreshing mind-body workout

- By emphasizing breathing, correct spinal and pelvic alignment and concentration on smooth, flowing movement, you become acutely in tune with your body. You actually learn how to control its movement.
 - In Pilates the quality of movement is valued over quantity of repetitions.
 - Pilate's exercises develop a strong **core** or centre of the body. The core consists of the deep abdominal muscles along with the muscles closest to the spine. Control of the core is achieved by integrating the trunk, pelvis and shoulder girdle.
- Pilate's elongates and strengthens; improving muscle elasticity and joint mobility, a body with balanced strength and flexibility is less likely to be injured.
- Pilate's exercises train several muscle groups at once in smooth, continuous movements. By developing proper technique, you can actually re-train your body to move in safer, more efficient patterns of motion - good posture and optimal health.

Pilates

Written by Tracey

Saturday, 08 November 2014 23:42 - Last Updated Sunday, 24 September 2017 00:10

Yogilates Matwork

Benefits of Yoga and Pilates are extraordinary they are both known to support the development of long, strong, graceful bodies that move efficiently without creating bulk muscles. Both disciplines are integrative, associated with stress reduction and increased well-being. They can be adjusted for a wide range of people and fitness, and both support the achievement of very high levels of body/mind/spirit fitness.

Pilates lengthens and strengthens all major muscle groups in the body in a balanced fashion. It improves flexibility, strength, balance and body awareness.

Yoga brings the body and mind together focusing on exercise and meditation.

Put a Spring in Your Step

Let's Move that Body

Pilates, Small Props Pilates,

Yogilates Matwork &

Balanced Body Barre Pilates Classes

Pilates

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Term 4 – 2017

Manly Vale

WHERE

Dance Pointe Studios

226 Condamine Street, Manly Vale

10 weeks - 9th Oct – 15th Dec

Yogilates Basic - 11am Monday &

10.30am Fridays

***Basic Pilates - 10.30am Tuesday & Thursdays Intermediate Pilates - 11.30am Tuesday &
□ Thursdays***

Pilates

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Small Props Pilates –9am Wednesdays

Balanced Body Barre Pilates - 12pm Monday & 11.30am Fridays

Classes Held on Public Holidays

Class Sizes are Limited Enrolment Essential

Classes will be cancelled if minimum numbers are not enrolled.

Classes are performed on mats

1 hour duration

Wear non-restrictive comfortable clothing Individual programs provided on request

You Will Need

Pilates

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Pilates – Mat, Block, Socks, Eye Pillow & Towel

Yogilates – Mat, Towel, Block, Socks, Eye Pillow & Bolster

Small Props – Pilate Ring, Ball, Block, Socks, Mat, Eye Pillow & Towel

***Body Balance* – Mat, Socks, Props & Towel**

Basic Pilates Matwork

Term 4 – 2017

Freshwater

WHERE

St Marks Anglican church

Freshwater, at the lights,

Pilates

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Corner Oliver & Lawrence.

Hall entrance on Oliver Street.

10 Weeks - 14th Oct – 16th Dec

Basic Pilates – 12pm Saturday

Classes Held on Public Holidays

Class Sizes are Limited Enrolment Essential

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Classes are performed on mats

1 hour duration

Participants should wear non-restrictive comfortable clothing

Individual programs provided on request

You Will Need

Pilates – Mat, Block, Eye Pillow, Socks & Towel

All Products Available for Purchase

Contact Tracey – 0414497201

tracey@totallytracey.com.au

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www.totallytracey.com.au

pilates4-coreandbalance.simplesite.com massagetherapy-reiki.simplesite.com

Please share

www.facebook.com/pilates.matwork.16

Balanced Body Barre Pilates Class is a low impact complete body workout that blends ballet-inspired Pilates Moves and Pilates Props that will tone and strengthen your muscles.

Enrol today don't delay your body will thank you as you will feel more calm relaxed and centered.

pilates4-coreandbalance.simplesite.com

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massagetherapy-reiki.simplesite.com

Any interests please email or call me so I am able to email the relevant enrolment forms to you.

Tracey 0414497201

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