

## Pilates

Pilates is a system of exercise devised by Joe Pilates in the 1940s based on his concept of a balanced body and mind.

They address posture, body mechanics, correct breathing spinal flexibility and core control. They are based on his principles of breathing, concentration, control, centring precision and flow.

Muscles work in synergistic pairs so that when one contracts to cause movement its opposite is relaxing also to allow the movement which is then balanced, precise and controlled causing the least fatigue and joint wear.

Most of us overuse one set of muscles and become unbalanced within energy blockages, aches, pains and tensions that remain through regular massage sessions.

Through the slow controlled practice of the exercises at each person's own level and with concentration new nerve messages to the muscles create more correct alignment and movement. The imbalances become less and the person feels more elongated, energised and aches and pains reduce.

