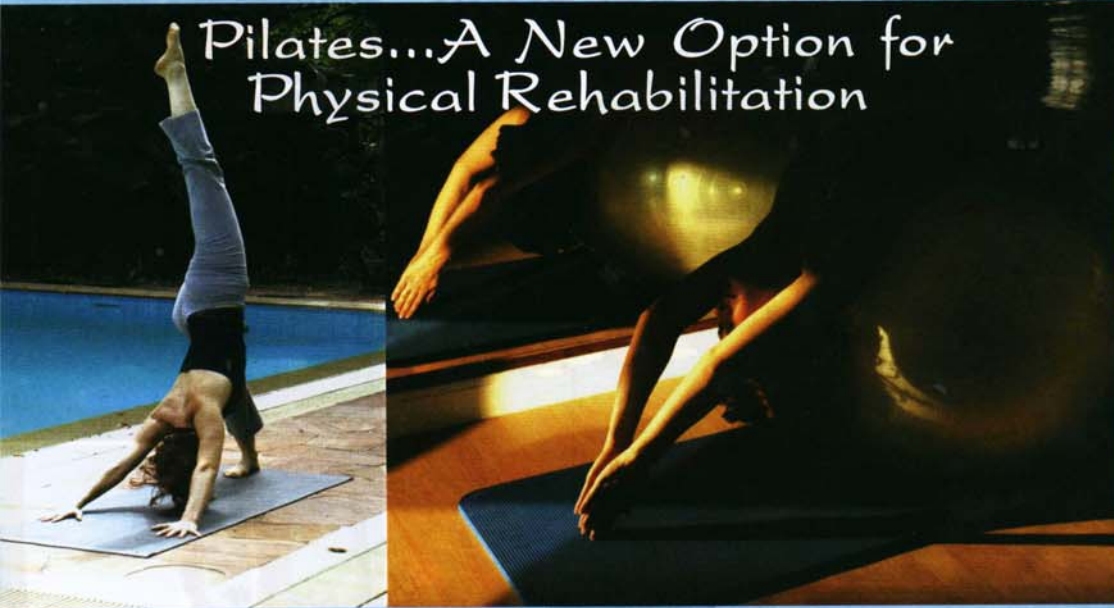


Pilates...A New Option for Physical Rehabilitation



To promote an overall sense of well-being and physical strength, there is a new and better option for you to try-Pilates.

Pilates is a successful fitness and rehabilitation method which has become well-known worldwide. Established over 80 years ago by Joseph Pilates, it is normally performed on a mat or using the special pilates equipments.

It consists of a unique series of controlled movements engaging the body and mind as well as focusing on improving muscle control, strength, flexibility, coordination, tone, balance and harmony. The pilates method is also considered to be a valuable form of physical rehabilitation and is used in hospitals, clinics and by therapists around the world.

Pilates principles include breathing, proper alignment, centering, concentration, control and precision, stabilizing, fluidity and integration. These principles come together to create a holistic body and mind workout.

Breathing: The pilates method follows a breathing technique known as lateral breathing, which is deep, coordinated and conscious. It involves inhaling (through the nose) to fill the lungs entirely and exhaling (through the mouth) to empty the lungs to the very bottom. This can therefore clean the bloodstream and purify the body of toxins.

Proper Alignment: It is demonstrated in a healthy and strong spine. This will be achieved if one imagines a plumb line running through the center of the body and landing just in front the ankles. The chest should remain open and the shoulders back, thus allowing the lower body to align properly with upper body.

Pilates Box: The form of a box is your key to understand proper alignment. From shoulder to shoulder and hip to hip, your torso creates a "box" or square that serves as a reference for the rest of your body. This concept ensures that the body is training symmetrically and therefore safely.



Centering: Pilates is often described as "movement flowing out from a strong center." The "center" is defined as the power house, which is the wide band of your mid-section from your navel around to your lower back. Your center is the foundation for all of your movements. No arm or leg gesture occurs without a strong and stable center.

Concentration: It creates an all-important mind and body connection, which is an essential element of pilates and enhances body awareness.

Control and Precision: It is not about intensity or multiple "reps", but it is the focus on proper form for safe and effective results.



Pilates Benefits

- Improves respiration, immunity and body & mind awareness.
- Enhances a range of motion, mobility and agility.
- Develops a flexible and long spine.
- Improves stamina and concentration.
- Tones and builds long lean muscles without bulk.
- Enhances flexibility and strength.
- Challenges the deep abdominal muscles to support the core.
- Improves coordination, balance and circulation.
- Reduces stress, relieves pain and tension and boosts energy.
- Helps in recovering from injuries.
- Improves posture, alignment and kinesthetic awareness.
- Promotes an overall sense of well-being and a pain-free body.

Pilates will put you in touch with yourself, You will discover that it is challenging, fun and most importantly... it really works!

For more information, please contact the pilatestudio.
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Stabilizing: It is very vital that before you move you have to be still. A solid, sure and safe starting position is important for mobility.

Fluidity: This involves smooth and continuous motion rather than jarring repetitions. Pilates has a grace and elegance to it.

Integration: With this principle, several different muscle groups are engaged simultaneously to control and support movement.