

Private Sessions or Group Classes?

Control, Centering, Flow, Breathing, Precision, Concentration, Coordination, Balance.

These are the principals that guide our Pilates practice. Learning the Pilates method is truly a process that is continually challenging you to connect to your body so you can learn to breathe more efficiently, move from your center, and create uniform development and balance in your body, mind and spirit. Inspiring your body and mind to flow as one, Pilates sessions require full concentration and focus. We begin by emphasizing the fundamental movements and progress over time, always focusing on the quality of movement over number of repetitions or range of motion. As participants "get better" at performing the exercises, they find that they are able to work deeper and more effectively and therefore achieve progressively greater results over time.

Pilates is so much more than just a set of exercises or a technique. **Eve Gentry, one of Joseph Pilates' original students said, "Pilates is not just a series of exercises, Pilates is a concept, it's a philosophy. You can learn every exercise on every piece of equipment and not know Pilates".** In order to understand and fully benefit from the Pilates method, you must understand both the concepts and the principles and feel them in your body. The best way to learn the principles and concepts is through private sessions. If you want to get strong "abs", stable core and a healthy back, you must know how to engage the deep core muscles. In order to flow from your center through movements with balance and coordination, you need to understand how your own body moves and how it is aligned (or misaligned). When you take a private session with a Certified Pilates Teacher, you learn how to move so that you can apply the movement principles to whatever exercise, apparatus, or prop you are using. You will learn how to set your body in the best position to get the most out of each exercise. Pilates has a great deal of deep work that is not easily communicated in a group setting. Furthermore, each body is different and each person may need to perform a particular movement in a particular way that addresses his/her alignment issues. Your private sessions set you up to be successful in the group classes.

We recommend 3-6 private sessions to get you started. We have set up the **Personalized Jump Start and 4 Pack of Privates** to help you get started. Our teachers are extremely knowledgeable and will teach you how to move within your body regardless of age, strength, flexibility or injuries. Even during your very first session, your teacher will teach you some things you can begin to do right way to jump start your progress.

Group classes are also very beneficial because of the group dynamics. Often the members of the class energize and challenge each other. Even though we don't compare ourselves to others, we can be inspired by another person's progress. In a group class the teacher has to keep the pace and flow going steady in order to meet everyone's needs which means that you are likely to keep going even when you are getting tired.

As you can see both private sessions and group classes have benefits, so a combination of both is a good plan. Start with privates and then join a group class. After a span of time, maybe a month or two, take another private session so you can progress safely to the next level of Pilates exercises.

What are you waiting for? Set up your first session today. **Plus when you sign up for our newsletter, you will receive a \$25 off coupon.** Use the sign up link on any page of our website.

