



Pilates Principles Worksheet

The essence of Pilates comes from a thorough understanding of the Principles. Use this worksheet to brainstorm words, phrases, and sentences that will help you remember what the Principles are and how to express them to your clients.

BREATHING

In Pilates the breath is integrated into every movement in order to keep our awareness on what we are doing, to improve the flow of oxygen throughout our tissues and to improve the capacity of our lungs.

CONCENTRATION

To concentrate is to pay attention to what you are doing. To be present with and in control of the task at hand.



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CONTROL

To be in control is to understand and maintain the proper form, alignment and effort during an entire session.

CENTERING

In Pilates all movement radiates outward from the center. Developing a strong, stable and flexible center is one of the defining features of this form of exercise.

PRECISION

Understanding proper form and placement and being able to perform exercises with efficiency comes with practice. Precision is the end product of concentration, control, centering, and practice.



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BALANCED MUSCLE DEVELOPMENT

Understanding, developing and maintaining correct alignment and form is essential to Pilates.

RHYTHM/FLOW

All movements in Pilates are done with a sense of rhythm and flow. Flow creates smooth, graceful and functional movements.

WHOLE BODY MOVEMENT

Pilates is fundamentally about integration: integrating movement into a flowing whole body experience, integrating the mind and body to create clarity and purpose, integrating mind, body and spirit to create a life of balance.



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RELAXATION

In Pilates we learn to use just the amount of effort needed to complete the exercise correctly, no more, no less. Learning to release unnecessary tension in our bodies helps us to find ease and flow in movement and in the rest of our lives.
