

Janettaz Pilates



Welcome

I hope you'll enjoy your first Pilates class with me. Remember, you can catch me at the beginning or end of the class to ask any questions you like, or e-mail afterwards.

In this four week Absolute Beginners Course at [Rochester Dance Junction](#), you'll become familiar with the Pilates approach to improving flexibility with strength and control.

We'll focus on achieving good technique to get the most from the exercises. I'll give some adaptations and options as we go through the exercises, so work with what your body needs or can achieve at the time.

There are six principles that we'll be aiming to incorporate into the way we exercise. These form the foundation of the method of exercise

originally described by Joseph Pilates in his system, which he called Contrology.

Six principles:

- ▶ Breathing
- ▶ Centring
- ▶ Concentration
- ▶ control
- ▶ Precision
- ▶ Flow

In his book *Return to life through Contrology* he wrote: 'Contrology develops the body uniformly, corrects wrong postures, restores physical vitality, invigorates the mind and elevates the spirit.'

I hope you enjoy your classes and get some of these great benefits.