



# PILATES



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## What is Pilates?

Pilates is a body conditioning method that works by building strength from the inside out, re-balancing the body and building it into the correct alignment. Pilates focuses on education the deep postural muscles which help to keep the body balanced and are essential to provide good spinal support. In particular, it teaches awareness of breathing, alignment of the spine, muscle control and flexibility – all of which are very important in helping to alleviate and prevent back pain.

## What are the benefits from Pilates?

Pilates can potentially benefit anyone, regardless of fitness level! It helps to:

- Teach good movement skills to our bodies
- Increase and create balance between strength and flexibility
- Find good postural alignment
- Improve body awareness, focus and proprioception
- Relieve stress

## What will happen when I book in for Pilates at Woodside Clinic?

Our Pilates sessions have been introduced to help two groups of people - firstly if you are someone who wishes to improve your posture and muscle control and secondly if you have had other treatment with us and your therapist has recommended Pilates to help improve your mobility and 'body control'.

### **An Initial first 'one-to-one' session**

This includes a detailed assessment of your personal needs. During this first session you will learn the basics of Pilates and how to target the deep postural muscles in order to change your muscle recruitment patterns and correct common muscle imbalances.

### **Follow-up sessions**

30 minute or one hour sessions can be arranged to suit your individual goals and requirements. On average, we recommend a follow-up session at least once per month so that you don't lose your technique and don't get bored!

### **A Course of four sessions**

During 4 sessions you will be working intensely towards re-balancing muscle groups in order to bring the body into correct postural alignment – allowing your body to function more efficiently. Your flexibility, stamina and co-ordination should also be noticeably increased.

### **Group Pilates classes**

Group classes are available at our Leighton Buzzard clinic and are limited to a maximum number of six people per class.

### **Pilates for two people**

This is ideal for husband and wife, mother and daughter or two friends who would like to attend a Pilates session together. It substantially reduces the 'per person cost' and could be a very good way to motivate you!