

PILATES EXERCISE CLASSES

BEGINNERS INTERMEDIATE & IMPROVERS



Thank you for your enquiry. I offer Pilates tuition in the form of on-going modules. New students can join at the beginning of a module, but will need to do an Induction class if they are joining a pre-existing group. (See below)

Pilates teachers come from many backgrounds – dance, yoga, physiotherapy and the Alexander Technique. My background to teaching Pilates exercises is of thirty years teaching the Alexander Technique as a teacher trainer, to groups, to beginners and one to one (see over for information about the Alexander Technique and Pilates). I have taught people of all ages and of all professions – many of whom suffer from back, neck and shoulder problems. As my experience has shown me that it takes far less time to twist, tear and strain muscles than it does to sort them out, great attention will be paid on all courses I teach to *how* the exercises are carried out. Limiting the numbers in each allows me to monitor carefully the way people carry out the exercises and also to give hands-on guidance where necessary. The hands-on work is extremely gentle, non-manipulative and non-invasive. In order to minimise damage to backs and to avoid overstraining muscles, we may not get through as many exercises as in some other classes – we are going for quality rather than quantity!

Each person is responsible for their own learning – if an exercise is not suitable for your physical condition ***please do not do it***. At the beginning of each class please let me know if there have been any adverse changes in your physical condition that I should know about. Please make sure you drink water either during or after the class.

What to Wear:

Comfortable clothing, e.g. jogging trousers, leggings with a T-shirt. As there is not much moving around in the early stages, you may need layers to keep warm. Bare feet or socks.

Course Participants & Induction Class:

My courses are suitable to anyone of any age who wishes to improve their mind/body co-ordination and learn to exercise in a safe and balanced way. As the course work has been designed to evolve it is recommended that students plan to attend all sessions if possible. **However, it is important to remember that this a group class and I can't address individual problems in any depth – for these private lessons or small group classes are recommended.** Mats, head supports and basic equipment is provided.

Please enquire whether you need to do an Induction Class before enrolling. The price of an Induction Class is based on the price of a private lesson. I try to teach in 3 people at a time for the Induction class so this fee can be shared – however I cannot guarantee that this is always possible.

Registration & Payment:

To secure a place on the course please complete and sign the enclosed application form and send it with your cheque (payable to F. Robinson) to the address overleaf. This payment covers the whole module and I regret that monies cannot be refunded if any classes are missed. However, if for any reason the module as a whole does not run, your money will be refunded in full.

I look forward to hearing from you.

Pilates & The Alexander Technique

Although everyone has a body, unfortunately it does not come supplied with an instruction manual!

When you exercise are you aware of what is happening throughout your body – not only the part you are working on? Are you aware of what you are doing with your eyes when you turn your head? When you are moving your legs, do you know where they hinge from, and do you know what you are doing with your toes? What is your balance like? Can you stand on one leg without leaning over to one side? When you raise your arms where does the movement start from? When you bend to pick something up where do you bend from and do you lock your knees? When you concentrate on something, do you stop breathing and do you clench your jaw?

The Pilates Method (J.H. Pilates 1880-1967) shares with The Alexander Technique (F.M. Alexander 1869-1955) basic concepts of organising the body to encourage a lengthening and widening of the back, of strengthening the lower back and improving 'core stability'. Both methods encourage greater efficiency and ease of movement through using the muscles and joints of the arms and legs in an appropriate manner, (for example encouraging releasing of the shoulders and neck muscles in all movements of the arms).

The holistic approach that the mind and body are connected underpins both Pilates Exercise and the Alexander Technique. Many Alexander Technique procedures have been incorporated into the "Body Control" system* of teaching Pilates exercises. "The Mind Body Workout with Pilates and The Alexander Technique" by Lynne Robinson & Helge Fisher is described as a "fresh approach to exercise combining Pilates and the Alexander Technique".

Since qualifying as an Alexander Technique Teacher in 1975, I have become aware that in recent years many people have become increasingly dissatisfied with what is on offer under the heading of "fitness" and are looking for a safe and non aggressive way of exercising. The way I teach Pilates exercises (mat work up to and including Intermediate level only) can be done by anyone of any age and works the mind as well as the body. I place great importance on a proper alignment of the body and discourage starting exercises without appropriate preparation. If the exercises I teach are carried out regularly and as instructed in a balanced and unforced way, an improvement will be noticed after only a few weeks.

- *Body Control Pilates* is one of several approaches to the teaching of Pilates exercises.

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