

# **PILATES AT DENTON DANCE CONSERVATORY**

## **Pilates Level I**

The purpose of this class is to increase strength, flexibility, range of motion, coordination and ease of movement through the Power Pilates method. The course will encourage the application of a conditioning program to enhance the student's own long-term health and wellness activities. Basic through intermediate level exercises will be introduced in Power Pilates mat-work. The instructor will also incorporate student needs such as target areas, toning, and resistance work.

## **Pilates Level II**

The class objective is similar to that of Pilates Level I, however, the class will explore the intermediate, advanced, and super advanced exercises of the Power Pilates mat-work as well as incorporating the use of props (theraband, hand weights, magic circle, etc).

## **Benefits of Pilates**

- Flat Abdominals, Powerful Core
- Lean, Fit and Flexible Muscles
- Spinal Mobility and Healthy Back
- Restored Posture
- Greater Balance
- Functional and Integrated Movement
- Coordination

## **6 Principles of Pilates**

- Stabilization: power comes from the core
- Control: deliberate, powerful movement
- Precision: quality of exercises, not quantity
- Flowing: within and between exercises
- Concentration: engage in the mind and body
- Breathing: facilitates core support

## **History of Pilates**

*\*provided by Power Pilates*

Joseph was born in Germany in 1880. He was a small and sickly child who suffered from asthma, rickets, and rheumatic fever. His father was a prize-winning gymnast and his mother a naturopath. A family doctor gave him a discarded anatomy book and he learned every page. He achieved some success as a boxer and a gymnast in addition to being a skilled skier. In 1912 at the age of 32 he went to England for further training as a boxer and was interned there in a camp for enemy aliens after WWI broke out. He taught self defense and here he began devising his system of original exercises. He was transferred to a camp on The Isle of Man and worked with internees who were ill. He then began devising equipment to rehabilitate patients, taking spring from beds and rigging exercise apparatus. After WWI Joseph returned to Germany and began training the Hamburg Military Polices. Because he was not happy with the political direction of Germany, he left at the urging of boxing expert Nat Fleischer and came back to the USA. On the boat over, he met Clara who became his second wife. He opened a gym in NYC in 1926 on 8<sup>th</sup> Avenue, in the same building that housed several dance studios. It was this proximity that made his Pilates Method such an intrinsic part of dancers' training and rehabilitation.

## **“Learn about Pilates for Dancers”**

*\*<http://ezinarticles.com/?Learn-about-Pilates-for-Dancers&id=316468>*

Pilates exercises focus on posture, strength, and flexibility - all three are important components for any good dancer. The use of Pilates results in a strengthening of the upper body that enhances a dancer's balance, alignment of body parts, better posture while still or turning, and other spinal muscle alignments. Pilates exercises are also good at lower body parts like the ankles and feet that play a key role in any form of dance.

What Pilates exercises does is increase the alertness level of the body to surrounding physical space and leave the mind in better control and hence more relaxed. The purpose of the Pilates exercise is to make sure that the mind is aware of all muscles involved in every moment and to take them into account while maintaining balance and agility. Because of this, Pilates can work on nearly every part of the body.

Dance teachers or coaches will often recommend Pilates exercises to dancers to help them improve their balance, muscles, movements, and body-parts coordination.

The body is a machine that can wear out if it is continually under stress. Dancing is a very stressful activity as far as the body and mind is concerned. The muscles are always overworked and the mind has to keep up with the maintenance of balance and general control. Pilates help to bring discipline, easier control and coordination while at the same time increasing muscle strength and also helping with relaxation.

Pilates can work on isolated muscles groups (like the shoulders) or it can work on complex muscle groups (abdomen and back). A different exercise works on all muscles in the body and helps to restore and rebuild muscle tissue that has broken down due to stress. Increase strength ensures that a similar muscle tissue breakdown is reduced in the future so that dancers do not get tired too easily and their body does not hurt once they stop dancing.

---

**If you are interested in taking a complimentary Pilates class, please call us at (940)383-2623 or email us at [LisaDDC4me@aol.com](mailto:LisaDDC4me@aol.com) ! Complimentary classes are offer during the first month of each semester.  
Hurry and try the “exercise of the stars!”**