

January 2024

Hello Altonu3a.

NEW WEEKLY PILATES CLASS 1.15 – 2.15pm @ the ACC wef 07.02.24, £5.

I'm very excited to be sharing my journey with you as a Pilates instructor. Since qualifying in 2004, I have had a fulfilling career dedicated to the principles of Pilates. Over the years, I've had the privilege of guiding individuals through their wellness journeys, teaching regular classes which combine my expertise and knowledge with a passion for promoting physical and mental well-being.

[In his book Return to Life through Contrology, Joseph Pilates presented his method as the art of controlled movements, which should look and feel like a workout when properly done. If practiced consistently, Pilates improves flexibility, builds strength, and develops control and endurance in the entire body. It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance. The core, consisting of the muscles of the abdomen, low back and hips, is often called the "powerhouse" and is thought to be the key to a person's stability. Pilates' system allows for exercises to be modified in difficulty, from beginner to advanced and to accommodate the practitioner's goals and/or limitations.]

The transformative nature of Pilates continues to inspire me and I look forward to bringing that enthusiasm to each class. Whether you're a seasoned practitioner or complete beginner, I will encourage you to work at your own speed and level. I understand that each individual brings a unique set of abilities and my teaching centres around tailoring the experience to accommodate a range of needs. By emphasising the importance of working at one's own pace, I aim for a supportive atmosphere that enables everyone to embrace their individual strengths and progress at a rate comfortable for them. **Chair supported exercises are an alternative to the floor, mat-based, format.**

The class usually begins with a simple warm-up to prepare the body for the exercises to follow. This might involve gentle movements like neck rolls, shoulder circles, and spine stretches to increase blood flow and flexibility. Although the sessions will predominantly focus on the core, they will often include exercises to develop both awareness of pelvis alignment and stability but also spinal mobility to promote a healthy range of motion. Simple stretches will be peppered in to help maintain and/or improve flexibility.

Throughout the class, emphasis is placed on the mind-body connection: participants are encouraged to maintain awareness of their movements, focus on breath and perform exercises with precision and control.

I am very much looking forward to meeting and working with you all, Karen Hatcher. Tel. 07779 103452 or karenahatcher@hotmail.co.uk if you have any queries?