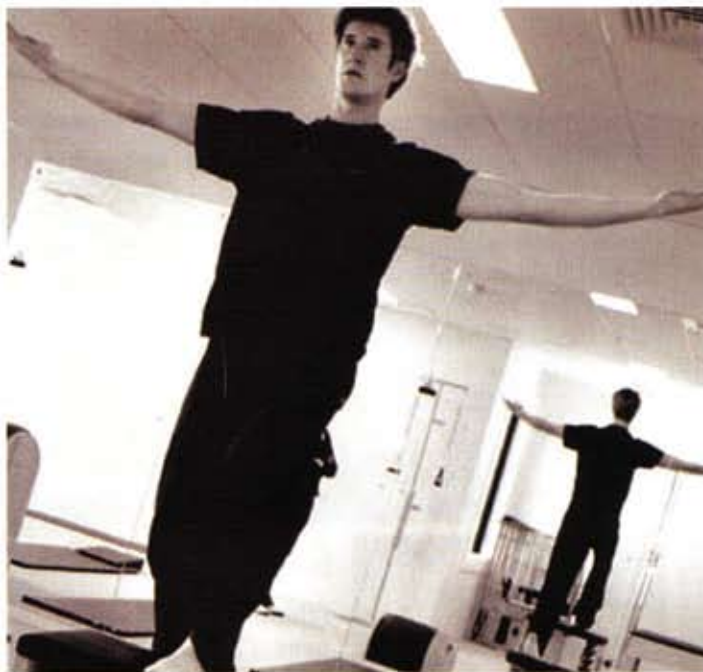


Priceless pilates

By Sally Anderson



The pilates method aims to improve health and vitality through physical and mental wellbeing. To create the changes and improvements that people seek through pilates, it's necessary to work deeply and specifically.

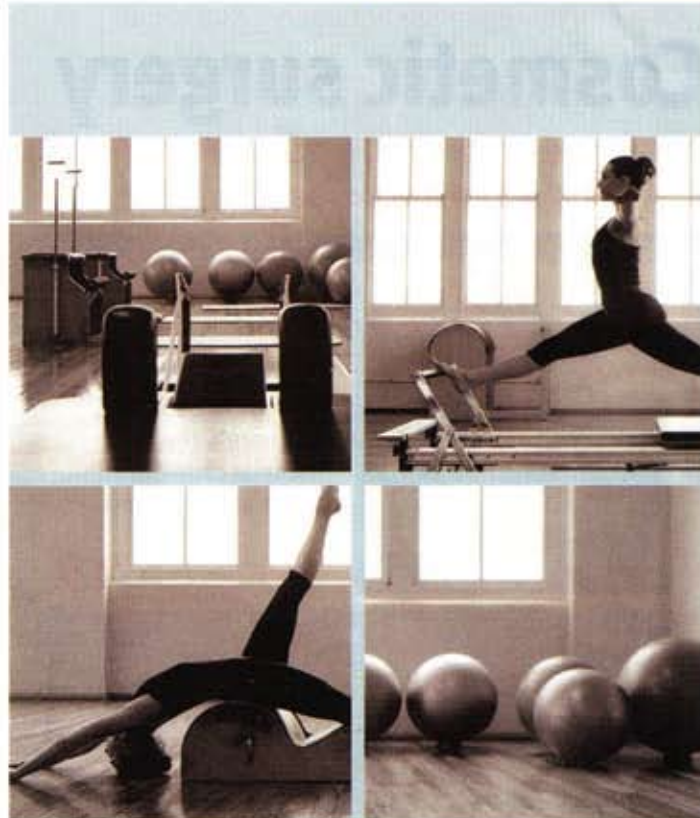
Pilates International teachers are focused on working deeply and particularly enough to create the improvements that reduce pain, increase wellbeing and change lives, especially when they are working with the most precious asset we possess – our bodies.

When you undertake an exercise program you are giving your trainer the right to make choices for your body and your physical health, and Pilates International teachers take that very seriously. Even more so when it involves an unborn child. All teachers are trained through government recognised programs to work specifically with pre- and post-natal exercise, as well as special conditions like bulging discs and osteoporosis. For anyone with special conditions like these, it is enormously important to work under a formally trained pilates professional who has the understanding to make positive choices for you.

Think of it this way, when you get your hair cut you choose someone who is formally trained and will give you the best haircut and treatment. Why would you do anything less when you want to look after your body?

There are a lot of considerations for exercising during pregnancy or when working with injuries or conditions that require special attention. No one wants to lengthen the time or impact of an injury, and doing pilates to help rehabilitate injuries or special conditions should in fact make recovery faster and more effective, which will only be achieved if your teacher really knows what to do.

Pilates International has equipped their teachers to work to a client's special requirements and goals. They also understand their scope of practice and recognise when they might need to refer. All in all, they care about your utmost health and wellbeing. And that's priceless.



- Bright, spacious Turramurra studio
- Highly trained, qualified & caring instructors
- Specialised state-of-the-art Pilates equipment
- Nestled amongst shops and cafes
- Plenty of parking, with good public transport
- Individual programs
- Never more than four clients per instructor
- Duet and private sessions available
- Studio and mat classes
- Physiotherapists available

pilates

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