

Who is it for?

- * Anyone wishing to improve their total fitness, posture and appearance.
- * Professional sportspersons using advanced conditioning programmes to enhance performance (tennis, rugby, football, equestrian, etc.)
- * Any athlete can be given an extra edge.
- * Performers (actors, dancers, musicians, etc.)
- * Chronic back pain sufferers. * R.S.I. sufferers
- * First-time exercisers
- * The elderly
- * Those wishing to prevent and treat osteoporosis (some exercises use light weights)
- * Those with stress-related illnesses, eating disorders, weight disorders
- * M.E. sufferers
- * Basically, for all!

The 'Body Control Body'

The best description of the 'Body Control Body' is long, lean and strong. The body is slender, but with a hidden strength under a healthy muscle tone - we are not looking for bulky muscles and bulging biceps. Through the prescribed exercise routines, we retrain the body to work efficiently with minimal effort and no tension.

Stamina and co-ordination are improved. The body comes into perfect balance and alignment, with the result that the immune system is stimulated and the level of general health very often rises because the internal organs can now sit and function correctly. After working with the Method for a period of time, a student will notice improved posture and alignment.



**48 hours notice of cancellation is required,
or the full fee is payable.**

*Independent Therapy Solutions exists
to provide a range of high quality interventions
to people experiencing emotional,
psychological or behavioural difficulties
to facilitate change and well being. Releasing the unique potential of the
individual through non-judgemental, self-empowering support.*



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A History of Pilates

The method of exercise has its origins in the work of the late Joseph Pilates, who was born in 1880 near Düsseldorf, Germany. He was a frail child and turned to physical fitness programmes to improve his body image, becoming a keen sportsman, developing talents in sports as varied as diving, gymnastics and boxing.

Interned in the war years because of his nationality, he developed a fitness programme for his fellow internees in order to maintain their health and fitness levels whilst being held in confinement - he always claimed that his regime was the reason why not one of these internees died from the influenza epidemic that killed thousands in 1918!

Returning to Germany, he came into contact with the world of dance, in particular through contact with Rudolph von Laban, the originator of 'Labanotation', which is the most widely used form of dance notation. Hanya Holm included many of his exercises in her programme and, to this day, they are still part of the celebrated 'Holm Technique'. At the same time as working with dancers, Joseph Pilates was also instructing the Hamburg police force in self-defence!

He was, in fact, asked to train the new German army, but declined and decided to emigrate to the United States of America. On the boat trip, he met a nursery teacher, Clara, whom he later married - and with whom he set up his first fitness studio in New York, at an address he shared with the New York City Ballet.

His studio soon began to attract the 'elite' of New York with leading ballet dancers coming to him because his exercises perfected and complemented their traditional exercise programme. Actors and actresses, sportspersons, the rich and the famous were all attracted to a workout that built strength without adding bulk, balancing that strength with flexibility, and achieving the perfect harmony between mind and muscle.

Screen legends such as Gregory Peck and Katharine Hepburn used the Method and, today, personalities as varied as Madonna, Jessica Lange, Michael Crawford, Joan Collins, Greta Scacchi, Sigourney Weaver, Britt Ekland, Pat Cash, Kristi Yamaguchi, Stefanie Powers, Wayne Sleep and Tracy Ullman are just a few of the well-known faces who use, or have used, Pilates-based exercise.

It is comforting to know that you are in such good company!

Yet, until recently, Pilates has been essentially unknown to the general public - the world's media are, however, beginning to discover it as the move towards Mind:Body exercise regimes gathers momentum. It is growing rapidly, from the USA to Europe, from Australia to the Far East.

Pilates today is taught in several forms, directly reflecting the legacy of Joseph Pilates, who developed the method over 75 years ago. He did not lay down a formal training programme, with the result that, on his death, his 'disciples' continued teaching by adding their own variations to the core philosophy and exercises. This flexibility in approach is one of the reasons why Pilates has been so successful over this time period.

What is 'Body Control Pilates'?

Body Control Pilates is very closely based upon the method of body-conditioning and training developed by the late Joseph Pilates. It is an exercise method which relies on strengthening core postural muscles and developing body alignment. It avoids the muscle and ligament damage, sometimes associated with other fitness regimes.

What makes Body Control Pilates different?

Body Control Pilates is remarkably effective - and medically-approved. It is of an holistic nature, being based upon a well-constructed philosophical foundation. Central to the Method is 'awareness of your own body' and each and every exercise is built around its **eight basic principles:**

Relaxation

Co-ordination

Alignment

Stamina

Concentration

Centring

Breathing

Flowing Movements