

WINTER 2023/2024

PILATES IS A VALUABLE TOOL

PILATES FUNDAMENTALS?

What do I mean by **Pilates Fundamentals**? Words I have seen used to describe these fundamentals include Pre-Pilates, Pilates Principles, and Pilates Basics.

Pilates Fundamentals are the valuable tools Pilates has taught me about my mind and body that I have used through life transitions. These include an understanding of Pilates alignment and posture, Pilates breath, core and abdominal control, and the Pilates principles.

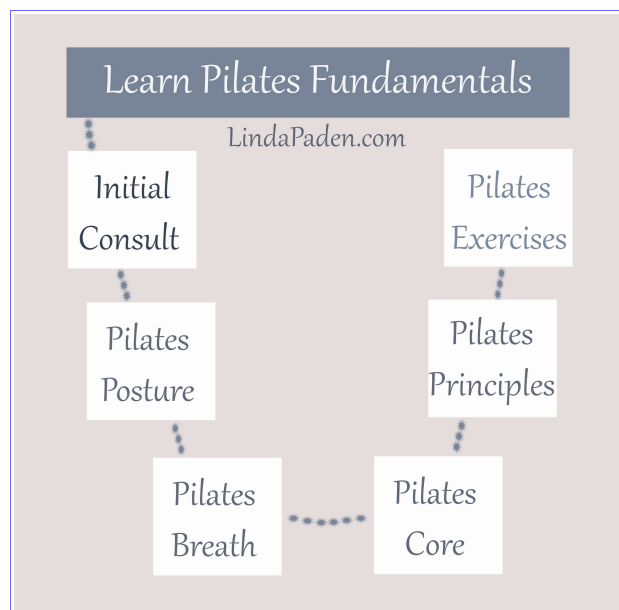
I developed the **Pilates Fundamentals Series** to share these tools with others in an organized way via online, private sessions. I believe those new to Pilates and experienced in Pilates can benefit from a deep understanding and practice of this knowledge.

MY PILATES TRAINING

My comprehensive Pilates certification, which I completed in 2004 with Kathy Corey, included hundreds of hours of training in both Pilates mat and equipment. I was trained in Pilates mat, circle/ring, tower, cadillac, reformer, arc barrel, ladder barrel, chairs, pole, band, and ped-i-pull. Since then, I have done continuing education and added to my repertoire of tools.

PILATES STUDIO IN TRANSITION

I am currently transitioning my own Pilates studio and practice to a low-chemical and low-nickel space. Developing allergies to nickel and chemicals has increased my awareness and study of how Joseph Pilates made his original models of Pilates equipment and how we manufacture equipment today. I am returning to the example Joseph Pilates set when he developed his techniques from the principles found in nature.



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