

PILATES PRINCIPLES QUESTIONS

Here are some questions to ask yourself to evaluate your application of Pilates principles to your Pilates practice:

Breath - Since breathing is the first act of life and our last, how are you connecting breath to your movement to facilitate life?

Pilates Alignment - How are you aligning your body relative to the forces exerted on it including gravity in standing, sitting, kneeling, and on the mat?

Core or Center - Do you have a stable foundation for the head, arms, and legs to freely move?

Precision - What specific ideals are you working towards?

Concentration - Are you able to bring focused attention to create a “mind and body” connection?

Control - Are you able to maintain quality of movement regardless of pacing or what you are moving?

Flow of movement - Are you able to put together various movements with effortless transitions?

Balance/Harmony/Grace – Are you finding your practice of Pilates makes you not only better at Pilates but also better in the way you live life?

These Pilates principles are something I teach my clients in online Pilates and personal training sessions. I call a “Pilates moment” when you feel the Pilates work in your body in new ways. What “Pilates moments” have you enjoyed?



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