

WINTER 2025/2026

PILATES & DETOXIFICATION

WAYS PILATES DETOXIFIES

Can you think of a modality that detoxifies in all of the ways listed below like Pilates can?

Breath – The change in position during Pilates movements encourages use of full lung capacity as we inhale fresh air and exhale waste.

Movement – The increased muscle and heart contractions move fluid in the body like blood and lymph.

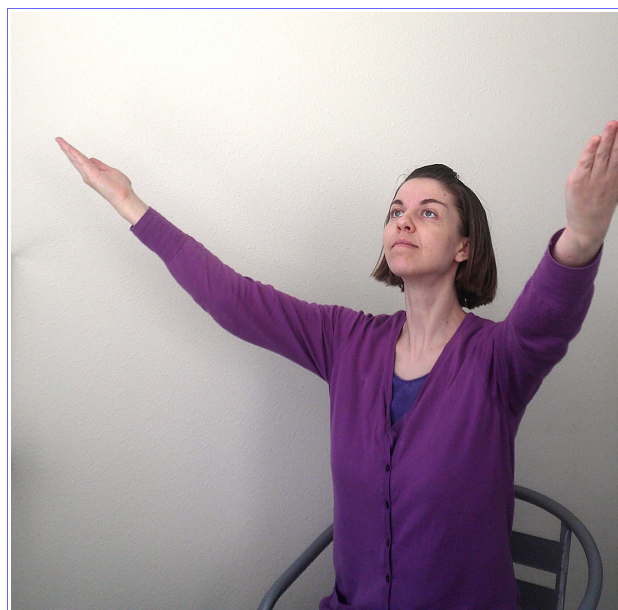
Sweating – Sweat is one of the fastest ways to get chemicals out of the body.

Urination – The kidneys filter out waste from the blood when the body is properly hydrated.

Liver and Bowels – The spinal movement along with the abdominal contractions used in every Pilates exercise massages the organs and can support bowel movements.

Mind and Emotions – Being centered and in the present moment can create a calm, relaxed, and focused state.

Hormones and Body Chemistry – The calm, relaxed state allows the body energy to detoxify on a cellular level.



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To get moving in your online Pilates sessions, email me at linda.paden@protonmail.com.

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