

“What the difference between being a beginner, intermediate or advanced level student really means in the world of Pilates?”

By
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“I know that I can go right into an intermediate level Pilates class. I work out all the time; I am strong.” It is this kind of thinking that will not only lead the student down the incorrect path, but can be very disruptive to the class. Unfortunately this student is missing the most important learning step in the study of Pilates, the basics. Those who truly wish to reap the benefits of the Pilates method must take the time to learn the fundamentals in order to create a strong foundation for stable movement. To rush to the next level or attempt to perform more challenging exercises too soon is to miss the purpose of the method. After all what is the point? Where are we going? The benefits of the Pilates method are numerous, but only if practiced with attention to purpose and patience for precision.

The beginner level student is one who is learning where his/her powerhouse is. He/she must be taught how to initiate each and every action by first engaging the powerhouse. This recruitment will create stable, supported movements that can eventually flow gracefully from one into the next. It is only after this is mastered and automatic for all beginner exercises that the student should be introduced to the intermediate level.

At the intermediate level, the student will be further challenged with exercises of increased difficulty. There will be more focus on proficiency, precision and breath. Details, such as the sequence of breath initiation, powerhouse engagement and then movement through the continuation of the breath will be stressed to the intermediate student. While details such as these would only serve to confuse and frustrate the beginner, the intermediate would, at this point, be ready to move on to the next step in the learning process. At the intermediate level, the student already knows how to work from the powerhouse instead of the periphery and objects such as magic circles can then be introduced. The intermediate level is the most extensive, offering a vast array of exercises, challenges and learning experiences.

In the advanced level, students concentrate on flow and rhythm. “It is here that they achieve the highest levels of precision, proficiency, flexibility, strength, and grace”, says Alycea Ungaro, owner of Tribeca Bodyworks located in Manhattan. In order to maximize flow of exercises, all unnecessary movements (those of adjusting straps, etc.) between exercises are omitted. Exercises introduced in this level offer further challenges to the student by destabilizing his/her base of support (i.e. Supporting oneself on one foot/hand instead of two or working more on apparatuses such as the Wunda Chair).

The beginner student, who enters into an intermediate level class or practices intermediate or advanced level exercise prematurely, is really just short changing him or herself. The important thing is not how fast you can get to the next level or the toys/props you are entertained with; it’s really about the journey itself, what you take with you. In the end,

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practicing a level that is beyond yours will only serve as frustration and misuse of the method. It is patience, focus, and the desire to listen and learn, that will not only allow you to benefit from the healing and balancing forces engrained within the Pilates Method, but lead to the stronger more flexible body you desire. The journey is fascinating. Enjoy the ride. You have a lifetime!.



Colleen's Corner

Have you Skyped? ('scuse me?)

Ok, have you ever been on vacation, the 1st few days, still motivated to keep to your Pilates routine, and just couldn't figure out how you corrected your teaser in class last time? Or how

about this; they're predicting snow, ice, the whole enchilada, but they've been wrong before, but you want your Pilates lesson, but you don't want to take the chance...how do you solve the dilemma? Skype Pilates Video Consultation.

This season Whole Pilates is starting a new service that involves using a not-so-new internet tool called Skype. If you participated in Oprah Winfrey's 'New Earth' class last spring you saw it in use. Skype allows audio *and* video communication—in real time, which opens up a world of interesting possibilities, especially considering that the basic call is free when both 'Skyper' and 'Skypee' have signed up for a free account. After opening your account online (www.Skype.com) any communication via Skype to someone else with a free Skype account is free, and any Skype phone calls made by you to someone without an account is still pennies-on-the-dollar of a regular phone service. All that's required is an internet connection, web cam (on most new laptops) and a headset (mic and audio) - easily purchased at a Radio Shack type place.

It's just fun and saves money (Tiffany, a teacher here at Whole Pilates, is going to use it to increase 'Grandma time' with her 2 year old), but now Whole Pilates will use it to make professional Pilates consultations and lessons available to our clients.

You do have to plan ahead for it's use, but once you've set up an account and have your headset and web cam, you need to follow just a couple of simple steps to set up your Whole Pilates Video Consultation:

1. Go to www.WholePilates.com to the services page. Scroll down to the Skype Consultation Pay-Pal button. You have the choice of a 15 minute initial consultation to start with, and additional 15 minute blocks, depending on how much time you will need. (just the initial for a question, more for a lesson)
2. Once you have bought your Consultation, email or phone me to set up your Video Consultation appointment (colleen@WholePilates.com). Naturally, this again has to be done in advance to set up a time that works for both of us. (When calling from Australia or London—remember there's a time difference)
3. When it's time for your appointment, call me via Skype (I'll be expecting you), point your camera at yourself, and we'll be ready to go.

New Class Programming Choices at Whole Pilates: Traditional Classical Mat or 'Pilates Express' mini-classes

'No time'; the number one reason given by people who don't exercise regularly. 'No convenient classes' is another reason. With Skype Conferencing Whole Pilates addresses convenience, but now, adding 'Pilates Express', people with little time have a chance to get a great Pilates workout.

The following offers a descriptive comparison of both; our Traditional Pilates Mat, which we continue to offer for its comprehensive address of the Pilates system, and our new, shorter, budget priced 'Express' classes.

Pilates Express **Choice of up to 5 total Classes/month; 30 minutes/class** **\$50 per month**

Pilates Express offers an economical and time efficient *alternative* to the regular full-hour Pilates Mat Class. These 30 minute classes are *no-frills, just get down to business*. They're conveniently scheduled for after work, or in the morning, adjacent to the Regular full hour Mat Classes. This gives you the option of a quick 30 minute workout when you're pressed for time, or a longer 90 minute workout when you add it to your Mat Class.

Intermediate 'Pilates Express': Full Intermediate Classical Pilates order, done with seamless transitions. This class is only for students who are well familiar with the Intermediate Mat and know the names, actions and transitions of the exercises. Additional Pilates exercises added at the end as time permits. Great workout for the body and mind.

Triad Ball 'Pilates Express': Using the 12" Triad Ball as a prop, the Pilates mat is performed with additional exercises adapted from the Spine Corrector, Magic Circle, etc. Ball will be provided for your use.

Advanced 'Pilates Express': Full Advanced Classical Pilates order, done with seamless transitions. As with all Pilates Mat classes, participants should be in good health, and should be fully knowledgeable of the names, actions and transitions of the exercises.

'Pilates Express' Below the Belt: This 30 minute workout consists of a mix of traditional 'gym-style' exercises with a Pilates focus, designed to tone and balance the much beloved abs, legs, thighs and bottom. Pilates props of magic circle, bands, light weights, foam roller, sliders, etc. may be used.

Traditional Classical Pilates Mat **10 Class Series/ One Hour Class** **\$150 for the Series**

Mat is one of the most frequently inquired about forms of Pilates, but it can be one of the most challenging forms. Because of this, it's strongly recommended that new Pilates students take some private lessons before enrolling in one of the Mat series. This enables the student to get a more effective workout and to learn how to modify exercises for a safe and enjoyable Pilates experience.

The Pilates Principles, once learned, improve back strength, balance, sports performance (such as dance, golf, swimming, and tennis) as well as improving posture and toning muscles for a sleek appearance.

Correct form is emphasized and multiple Pilates props may be used, such as circles, balls, bands, foam rolls, and Franklin balls. Other exercises from the authentic Pilates system may also be introduced, such as 'the Wall', Arm Weight series, and exercises adapted from the Wunda Chair

These classes are best for people who enjoy working out in small groups and can get down onto the floor easily. Once learned, Mat is easily performed at home requiring minimal equipment. Mat students should be in good physical health and need to bring their own thick mat to class..

Beginner/Intermediate Pilates Mat: The best place to start. Learn the fundamentals; develop flexibility and you tone and strengthen, developing a slimmer, leaner appearance. As you progress in the Beginner/Intermediate Level, you learn a precision, order and flow to your movement, preparing you for the more advanced exercises.

Advanced Pilates Mat: For the experienced Pilates student who has started to master all of the principles; Centering, Concentration, Control, Precision, Breathing, and Flow. Student must have a teacher's recommendation to enter the class.

October 2008

SUN	MON	TUE	WED	THU	FRI	SAT
			7pm Beginner/ Intermediate Pilates Mat	2	3	4 8:30am Intermediate Pilates Mat 9:30 PE Below the Belt
5	6 9:45am PE Triad Ball 10:15am Intermediate Pilates Mat	7 6:30pm PE Below the Belt 7pm Advanced Pilates Mat	8 7pm Beginner/ Intermediate Pilates Mat 8pm PE Triad Ball	9	10	11 8:30am Intermediate Pilates Mat 9:30 PE Below the Belt
12	13 9:45am PE Triad Ball 10:15am Intermediate Pilates Mat	14 6:30pm PE Below the Belt 7pm Advanced Pilates Mat	15 7pm Beginner/ Intermediate Pilates Mat 8pm PE Triad Ball	16	17	18 8:30am Intermediate Pilates Mat 9:30 PE Below the Belt
19	20 9:45am PE Triad Ball 10:15am Intermediate Pilates Mat	21 6:30pm PE Below the Belt 7pm Advanced Pilates Mat	22 7pm Beginner/ Intermediate Pilates Mat 8pm PE Triad Ball	23	24	25 8:30am Intermediate Pilates Mat 9:30 PE Below the Belt
26	27 9:45am PE Triad Ball 10:15am Intermediate Pilates Mat	28 6:30pm PE Below the Belt 7pm Advanced Pilates Mat	29 7pm Beginner/ Intermediate Pilates Mat 8pm PE Triad Ball	30	31	

Classes held @
Great Halls of Healing,
127 Skyline Drive, Ringwood, NJ



Whole
Pilates

Pilates Express: (in RED)

\$50 for 5 30 minute classes
each month

Classical Pilates Mat:
(BLUE)

\$150 for 10 hour classes in
continuing series.
Pre-Registration is a Must

Call today to register.

**Classes vary each
month.**

Phone: 973-962-1327

E-mail:

colleen@WholePilates.com

Contacts and Credits:

To include yourself on our mailing list, or if you have questions or comments contact colleen@WholePilates.com

Please go to our website, <http://www.WholePilates.com> to see what we've been working on, view archived newsletters, see streaming videos of the exercises, photo gallery, or learn more about how you can begin training with Whole Pilates.

To install Adobe Acrobat go to <http://www.adobe.com/products/acrobat/readstep2.html>

Colleen Wenrich, RN has been teaching fitness and wellness since 1981 and is certified Authentic Romana's Pilates, ASCM, AFAA, ACE, and BCIA