

Pilates Haven News

Welcome to Your Pilates Journey May 2025

Hello Pilates enthusiasts! Welcome to our monthly newsletter, where we share the latest updates, tips, and insights from the world of Pilates. Whether you're a seasoned practitioner or new to the mat, we hope to inspire and support your journey towards a healthier lifestyle.

What's New in Pilates

Latest Trends in Pilates

- **Hybrid Classes:** Combining Pilates with other fitness disciplines, such as yoga and dance, is gaining popularity. These hybrid classes offer a dynamic workout experience and cater to diverse fitness interests.
- **Virtual Pilates Sessions:** With the continued rise of online platforms, virtual Pilates classes remain convenient. Enjoy the flexibility of practising Pilates from the comfort of your home. We have a Zoom option for Live sessions on Monday @6.30pm with Jean on the Mat.

Spotlight on Equipment: The Reformer

The Reformer is a versatile piece of Pilates equipment that can enhance your workout by providing resistance and support. This month, our instructors are offering a special workshop on Reformer techniques. Don't miss the chance to deepen your practice and explore new exercises. We have a FREE induction on Saturday, the 24th, at 11 a.m.

Pilates Tips and Techniques

Perfecting the Plank

The plank is a fundamental Pilates exercise that strengthens the core, shoulders, and back. Here are a few tips to perfect your plank:

1. **Alignment:** Ensure your body forms a straight line from head to heels.
2. **Engagement:** Keep your core, glutes, and legs engaged to maintain stability.
3. **Breathing:** Focus on steady, deep breaths to stay relaxed and focused.

Breathing Techniques

Breathing is an essential component of Pilates. Proper breathing enhances your performance and helps connect mind and body. Practice inhaling deeply through the nose and exhaling fully through the mouth to maximize your practice.

Community Corner

Member Spotlight: Michelle

This month, we'd like to celebrate Michelle's incredible journey. After starting Pilates 12 months ago, Michelle has significantly improved her flexibility and overall well-being. Her dedication and positive attitude are truly inspiring! She has worked hard to get fit for Knee surgery, which has been a real success, and she is now ready to return to some clinical Pilates sessions with our studio director, Jean. We will continue to watch Michelle's progress.

Michelle has added, "A breast cancer treatment affected her arm and chest wall, which caused chronic pain and Lymphoedema. Pilates has helped improve these symptoms. The knee surgery was a necessary evil; I did not enjoy it nor would like to go through it again, but after twelve weeks, the referred hip pain has gone, my mobility is better, and I am looking forward to what I can do in some 1-2-1 sessions with you Jean and back to classes" we will keep you updated on Michelle progress.

Upcoming Events

- May 24th : Reformer Workshop Induction 11 am
- May 29th, 5th, 12th, 19th: Get to know your Pelvic Floor 7.30 pm £45.00 1 hour sessions.
- September : New Pilates Mat Training Starts

Closing Thoughts

Thank you for being part of our Pilates Haven Family. We hope this newsletter keeps you motivated and informed. Remember, Pilates is more than just a workout; it's a path to a balanced and fulfilling life.

Stay connected, and keep moving! For more tips and updates, follow us on social media or visit our website. www.pilates.haven.co.uk

Warm regards,

The Pilates Team