

# WHY YOU SHOULD TRY Reformer Pilates

## **Improves body awareness & balance**

Practicing Reformer Pilates aids to build greater stability and co-ordination through unilateral exercises (one side at a time) and working across all planes of movement.

## **Improves core strength & develops the powerhouse**

Posture improves due to greater core control and alignment with pelvis and shoulders. The powerhouse muscles start at the base of the ribs and extend all the way to the Pelvic Floor. Pilates affects the posture of the pelvis, which results in postural changes to the lumbar spine.

## **Improves concentration & focus**

Concentration is one of the 6 main principles of Pilates and requires mind-muscle connection and sometimes synchronised breathing. Both allow greater focus in other areas of life.

## **Improves flexibility & mobility**

Settle deeper into stretches and increase ROM, especially in hips and hip flexors, shoulders and back.

## **It's a full body, low impact workout**

The subtlety of the springs and support of moving carriage ensures that the workout can be supportive and challenging.

## **Builds self-esteem & connection to self**

The practitioner is guided to observe their movements, their body and their evolution and consequently builds confidence and awareness!

## **Mental wellbeing**

Joseph Pilates studied and was inspired by Yoga and breathwork, to align breath with movement. Multiple studies show how mindfulness improves mood and mental wellbeing, and how deep breathing enhances blood flow around the body and aids autonomy.

## **Motor co-ordination & flow**

Reformer Pilates doesn't put any stress on the joints and so doesn't wear on your ligaments or cartilage like other sports may do. Reformer Pilates can be both challenging and restorative! This creates change, harmony and balance throughout the body.



## **INTERESTED?**

Scan the **QR code** or book a class on our **Fernwood App**

**FUSION**  
REFORMER  
STUDIO

