I believe that if you want something different you have to do something different, otherwise nothing changes.

To change your posture or your fitness level you have to do something different. Through Pilates you will learn how to think and move different, to be more focus and coordinate with your body and mind.

The training strengthens the body evenly and corrects sloppy posture.   
By practicing regularly, you will find physical vitality and stimulate your mind by engaging in intense exercise. Your mood rises, because controlled bodywork creates self-confidence, with which you release positive energies.

While today it’s more commonly known as Pilates, Joseph Pilates actually called his exercise method “Contrology” ("The Art of Control" as he stated it).  
Joseph explains “To be able to perform movements smoothly and fluently, you have to concentrate on every single part, every muscle of your body at every moment. This is the only way to gain control over every aspect of every training moment ” In his book, “Return To Life”, he claims that “Contrology develops the body uniformly, corrects wrong postures, restores physical vitality, invigorates the mind, and elevates the spirit.”   
That is exactly what the Pilates training method still stands for today.

I recommend at lest 2-3 sessions a week, apparatus class or a mat class with small equipment as (elastic band, fitness ball, magic ring, etc...). then you will see the best results.

In the apparatus classes we use classical apparatus such as Reformer, Cadilac,  
High Chair, Wunda chair, Pedi pole, Ladder barrel and more.   
The classes are designed especially for each individual needs.

In the mat classes, you will learn the 34 classic exercises using only a mat and your Body weight. This is the original sequences that Joseph Pilates published in his book from 1954. I will also add some functional contemporary exercises to strengthen and preserve your daily movement routine.

Specially for Covid19 days, I recorded video classes that you can practice at home.  
The videos are free and available at any time you need. TOTHEVIDEOS

As you lay down on the mat, clear your mind and concentrate on the movements.   
The more you practice, the more you will progress. the more you progress, the stronger you will get. Then you will be able to perform more complex movement.

With all being serious, you must have fun.  
My students say that the studio is kind of a playground, its so much fun to hang like a monkey, to roll up and down, to flip upside down and so much more using any of Joseph’s apparatus creations.

Pilates is magical and our body and mind can do magic.

Are you ready for a journey of coming to the studio and doing the work?

I will be happy to guide you through it.