




Mind-body
over speed

Precision
connection


Controlled
movements


Precision
engagement


Breath
coordination

- ✓ Start slow
- ✓ Focus on form
- ✓ Breathe deeply

- ✓ Use props
- ✓ Use props
- ✓ Practice consistently

“Beginner’s Guide to Pilates”

Why Pilates For Beginners For Beginners 36029

Annelies Wilder-Smith



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