



  
**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 Ideas For Creators 3641

**ELIZABETH. SMITH**



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