

# THE PILATES JOURNAL



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The Pilates Journal would like to acknowledge and pay respects to the Gadigal people of the EORA nation as the traditional custodians of the place we call home - Sydney - where this journal is produced.

The Pilates Journal pays respects to their elders, past, present and emerging, and acknowledges all Aboriginal and Torres Strait Islander peoples.

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# Note from the Editor



## Welcome to the latest issue of *The Pilates Journal*.

Welcome to the April issue of *The Pilates Journal*, where we delve into a diverse array of topics aimed at enhancing your skills as a Pilates professional.

This month, we hear from senior Pilates professional Korin Nolan who enlightens us on the significance of integrating weight training into Pilates routines. Explore supporting clients through menopause and how you can help rehabilitation clients undergoing hip replacement surgery.

We understand what it takes when a client undergoes a double hip replacement and give you ideas on how you can aid in the rehabilitation process.

Prepare to be inspired by an extraordinary tale of resilience as we share the remarkable story of a Pilates professional whose journey through a liver transplant was bolstered by the transformative power of Pilates.

And for studio owners and those aspiring to create their ideal Pilates space, learn essential considerations for crafting a functional and welcoming Pilates space.

**CJZarb**

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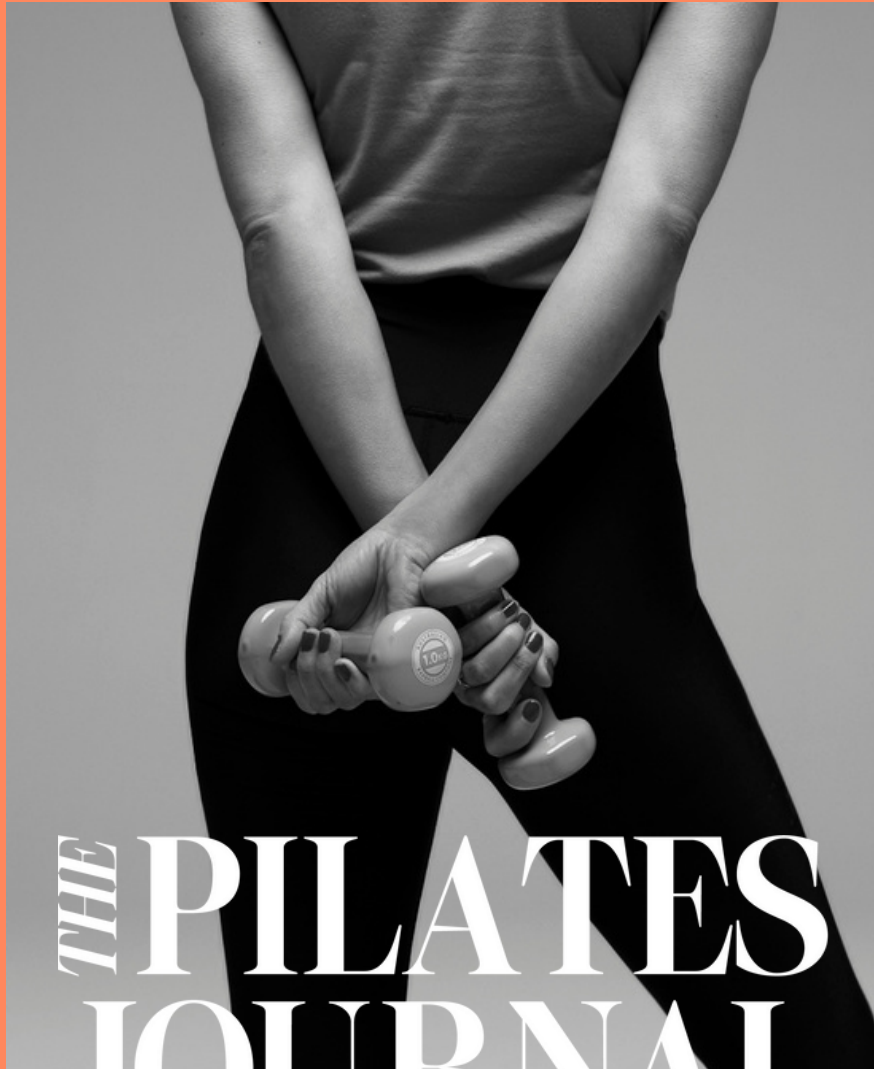
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# Bringing the dynamic to Pilates

NOT CLASSICAL, NOT CONTEMPORARY BUT USING A DETAILED KNOWLEDGE OF THE PILATES METHOD TO CREATE DYNAMIC PILATES CLASSES

by **Korin Nolan**

Imagine teaching Pilates for around 20 years. Naturally, your style and approach would develop over the years.

When I started my Pilates journey, I used to think that I had to stick exactly to the book and only teach what I had been taught, whether it made sense or not to me! I remember teaching the way Body Control Pilates taught me to begin with, which was very slow and as a result, none of the clients stuck around. It did teach me the very basics though and gave me a really good knowledge of the foundations, but the reality is, that most people do not have the patience to start so slow. They want to see results and they want to feel the burn and right or wrong, that's the truth for most clients. I soon changed my approach and started to make my classes more challenging and they have continued to get more and more challenging over the years. These days I now teach dynamic reformer pilates mainly in my studio 'Power Pilates UK' and the classes are creative and results-driven. They are a fusion of Pilates and fitness with an emphasis on the principles of Pilates throughout. I am very much about keeping my clients fit and strong, and in order to do that the body needs to be challenged.

When I started there was very little talk, if any, of Reformer - even in London. That's definitely changed over the last 15 years or so. I started working at one of the first dynamic reformer studios in London around 14 years ago and from there they've been popping

up all over the place. It's not hard to see why it's so successful and dynamic reformer group classes definitely make it more accessible which is great. I love Classical Pilates too, but Classical Pilates studios are very pricey and just less accessible for most, so I think it's great that more people are able to do Reformer Pilates nowadays.

However, as it's become more popular, there are a lot of PT's and gyms who have jumped on the bandwagon and the level of Pilates has diluted in some studios, especially the chain studios I find. People are being sold a 'Pilates class' when really they are doing a workout on the reformer. Don't get me wrong, these classes can still be a great workout, but there's very little of the Pilates principles there, simply because the trainers are not always Pilates qualified. And yes, I know the way I teach is not classical or contemporary Pilates even, but I do have a thorough knowledge of the Pilates technique and I apply this to my dynamic classes and that's the difference.

I opened Power Pilates UK (PPUK) in 2014 and haven't looked back since. It was one of the best decisions I ever made. Beckenham, where we are situated, didn't have anything like it and so it just took off straight away. We were part of a busy yoga studio for the first six years and then moved across the road during Covid into our own premises.

Power Pilates UK is a Boutique studio, and last year was awarded one of the top 12 fitness studios in London. Unlike a lot of the chain dynamic reformer studios you might find, we really do have that very unique and personal touch. I am very selective with who I take on (whereas bigger companies do not always have that luxury) and I am very hands on with the studio and I think that comes across. A lot of our clients have been with us a long time, some of them since the day I opened, which I think speaks volumes.

I am blessed to have some amazing trainers who teach there. I've also faced some challenges with staff who I thought were loyal and who I could trust and I learnt some very harsh lessons about not being so trusting and being so open. They are the exception rather than the rule and through these learnings, I always make sure I treat my trainers well as I know that they are the core of my business and they represent me when I am not there, so I want them to enjoy working for me.

Our classes are pretty tough and so are our clients as a result. In fact, new trainers often remark how strong PPUK clients are in comparison to other studios they've worked at. We have more intermediate/advanced classes on the timetable than beginners, which again probably reflects that, but I would say most people are intermediate. I only teach four classes a week myself and I see a lot of the same faces every week. I love my ladies, they are so strong and so dedicated and they like to be pushed, so I push them in a safe but effective manner.

We have also recently introduced classes like Strength Pilates to the timetable, as I realise how beneficial and important strength training is for women over 40 especially, which is our main demographic, and since introducing it into my own training the past couple of years. We all know Pilates is amazing and has so many benefits, but as we get older it's not enough on its own, we need to add weights and by weights in our classes I mean a 5-kilogram weight or more. I've often seen a lot of Pilates teachers use light weights, around 2lbs (1 kilogram) and in my opinion, it's not enough. In our classes, we always use lighter weights on the reformer that's for sure, as it's harder to do both. But let's be clear, you can gain more strength, but you cannot build significant muscle mass with light weights in the 2-3 kilograms. As we get older, (post 35) women decline their muscle mass at a rapid rate, so we have to work even harder to maintain it, let alone build it. Strength training that incorporates lifting heavy weights creates the stimulus our body needs to do this hence why we offer strength Pilates classes at our studio. Yes, there are various types of strength training and obviously, you can't do it straight away, you need to build good foundations like we do in Pilates and then add load but it's an effective way of doing so.

In my view Pilates and Strength training combined is the magic formula. Last year I bought some 10kg and 7.5kg weights and added them to our collection at the studio. Of course, we do not use these weights on the reformer, but we use them in our strength Pilates classes, which goes between floor work with heavy weights and the reformer.

I think sometimes Pilates teachers think their clients need to master the perfect technique, alignment, form etc before progressing them to anything more advanced. But I don't think we should strive for perfection, people generally are stronger, and more capable, than we think, and they will only get stronger with challenge. I believe it's our job to give them what they need. I read somewhere recently that it's highly unlikely that a client is going to

*“I do think we can sometimes get caught up with being creative for the sake of being creative, rather than creating a class with exercises that are actually the most beneficial for our clients.”*

injure themselves if they are working with bad form, so I think we can afford to loosen up a little.

#### **Mixing it up**

I also believe that we need to mix it up for our clients. I trained as a dancer, so creative movement comes more naturally to me. I'm also a Gemini and I get bored easily, so I have to keep things fresh for me as well as for my clients! I hate going into class and knowing exactly what's coming next. Doing the exact same exercises over and over again, sometimes your body just switches off. Of course, there are so many beneficial traditional exercises, so I don't abandon them. I also work a lot with weights to add extra resistance and I like to keep the body guessing, by introducing new flows and varieties on exercises to keep the challenge going and the clients engaged. When it comes to creativity, I do think we can sometimes get caught up with being creative for the sake of being creative, rather than creating a class with exercises that are actually the most beneficial for our clients. Sometimes, being creative is not always needed and simple exercises that work well, just do the trick. I try not to over complicate my class plans, I like to have a mix of exercises I know my clients will 'get' and not spend half the time working out the correct way to do, and then throw in a new challenge or two.

#### **More channels means reaching more people**

In addition to my studio business, I am also the co-founder of Dynamic Pilates TV (DPTV). I met Tiffany Burke from Studio Core Pilates in Utah, USA on Instagram when I was pregnant with my third baby. I asked other trainers for some pregnancy-friendly reformer exercises and she responded and we got chatting. She came to London to visit and we met up and hit it off! We decided that there was a gap in the market for online dynamic reformer



classes and the next thing I knew we were creating DPTV. I had five months to 'get in shape' after having my baby, as we started filming and needed a good amount of content to launch the site. Tiffany had to do a lot of the hard-core work as I had a prolapse after my son Jack and I remember she was in agony after we had filmed so many classes within just a couple of days! We both had decent Instagram followings, so our followers supported us and it grew fast in the first year. Then Covid hit and everyone went online. The good thing about that time is that it changed the way people worked out and again, it made Pilates and Reformer Pilates more accessible for people who did not live near a studio. (So many people bought reformers during that time) I am very proud of DPTV and what we have achieved to date. We have a lot of guest trainers appear now and the standard of our content is high. I love what we've created together and getting feedback from all our members makes it all worthwhile.

As teachers and studio owners, I think the key is variety in our teaching and finding new ways to bring Pilates to more people, to share the joy and help people to challenge themselves.

**Korin is the Founder of Power Pilates UK. She started her career in dance and completed her Pilates teacher training with Body Control Pilates in 2004. Korin discovered Dynamic Reformer Pilates in 2011 and trained at the first Dynamic Reformer studio in London. She opened her very own studio 'Power Pilates UK' in 2014 in Beckenham, UK. Korin also co-founded Dynamic Pilates TV in 2018.**

**Korin's studio was recently featured as one of the Top 16 Pilates studios in the UK in Women's Health Magazine, and the Top 13 Fitness studios in London in Cosmopolitan.**



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# How do you support a client's hip replacement?

DO YOU HAVE THE TOOLS TO HELP A CLIENT AFTER A DOUBLE HIP PLACEMENT? READ ON TO LEARN FROM PHYSIO AND BASI INSTRUCTOR SAMANTHA WOOD

by **Samantha Wood**



Two years ago, my partner Jeff's active lifestyle came to a halt when he started to notice increasing pain and limited mobility in his right hip, which we found out stemmed from a genetic joint abnormality known as hip dysplasia. Despite efforts in Pilates and yoga, his condition worsened, prompting an x-ray that revealed severe joint damage. His right hip joint was basically bone on bone and the left hip didn't look much better. Jeff ended up opting for both surgeries to minimise downtime, even though they had to be done a month apart, and then required a journey of comprehensive rehabilitation.

With over 25 years of physiotherapy experience, I understood the importance of discerning the specific type of hip replacement surgery. The three types of hip replacement surgeries are named by the way the surgeon accesses the joint: posterior, lateral, and anterior approach. The anterior approach, a muscle-sparing technique, boasts quicker healing, while the others usually involve cutting through muscles, posing a higher risk of dislocation. Understanding the uniqueness of each patient's case, including the surgeon's techniques, implant materials, and individual health factors, underscores the need for personalized rehabilitation strategies. It's important to understand because the rehabilitation protocols and time frames can be very different based on the type of surgery performed.

Factors like age, fitness, and overall health also play pivotal roles. This underscores the importance of collaboration between physiotherapists and surgeons to ensure precise guidance through the nuanced landscape of hip replacement rehabilitation.

Jeff ended up having an anterior replacement with a robotic arm assist, which is one of the newest, most technologically advanced and minimally invasive procedures. The robotic arm takes a CT scan of the diseased joint, uploads it into the computer software, and creates a 3D model of the hip. The surgeon guides the robotic-arm within the pre-defined area and the technology helps the surgeon stay within the planned boundaries that were defined when the personalized pre-operative plan was created. This helps to provide more accurate placement and alignment of the implant, and makes the surgery less invasive than other types of joint replacement surgeries. Thus, healing and recovery is faster.

A few years ago, I worked with another young (53 y/o) patient who also had an anterior hip replacement, but without robot assist technology. He is a competitive endurance triathlete and coach, so his goals were to get back to long distance swimming, biking, and running. We also used Pilates for his rehabilitation, and he did great! When I spoke with him last year, he had just finished a 61 hour, 400 mile bike packing race that involved biking, hiking,

pushing, and lifting the bike. He said it was the hardest thing he had ever done (and he has done multiple Ironman races), but his hip was perfect!

Most of the other hip replacement patients I have worked with over the years have been older (70s, 80s, and 90s) and were not necessarily athletes. Some of these patients had the anterior approach, for others it was posterior and Pilates for rehabilitation worked well for them all.

### Jeff's treatment post op

To be honest, the first two weeks after each surgery were a bit rough. Jeff had quite a bit of pain and swelling, it was difficult to sleep, and he was weak and nauseous from the anesthesia. All of this is normal after a major surgery. However, the good news is, he was able to walk day one. Weight bearing stimulates in-growth of the bone into the prosthetic cup, so walking is actually encouraged. He had to ice 4-6 times per day to help control the swelling and he started outpatient physio two weeks post-op. He did Pilates on his first day at the clinic.

### His goals in studio

In the Pilates studio, the initial goals were restoring his range of motion and gentle strengthening. Due to underuse prior to and after surgery, it is typical for the leg muscles to be very weak. With hip arthritis, the weakest muscles tend to be the hip flexors, hip extensors, external rotators, abductors and adductors, so these are the muscles we focused on. As the weeks progressed, we gradually added in more closed chain (weight-bearing) unilateral exercises to focus on hip stability, balance, and proprioception. And at around week eight, we added in sport-specific type activities and the jump board. Of course, he was doing a lot of core exercises throughout.

With the procedure that Jeff had, patients are able to move the hip in any way that feels comfortable. There are no restrictions on how to move, or hip precautions. However, the first three months post-op, all activity with a potential for a hard impact at high speed, for example- skiing, horseback riding, running, outdoor biking, surfing- must be avoided. At three months post-op the bone is fully bonded and patients are allowed to return to all activities. At three months post-op, Jeff returned to beach volleyball. At four and a half months post-op he returned to surfing.

### Suitable exercises for hip rehabilitation

In my opinion, there are many exercises in the Pilates repertoire that are well suited for hip rehabilitation. First, core strength and control is integrated into all Pilates exercises. Second, some Pilates exercises focus on stability (Footwork), others focus on mobility (Hip Work Series- legs in straps) and others provide a perfect combination of both (Scooter). And third, Pilates exercises work the muscles concentrically, eccentrically, and isometrically. This makes them more functional, meaning they more closely simulate everyday activities such as squatting, walking, or stair climbing.

Footwork on the Reformer: great as a warm-up as it uses the larger muscle groups and is attainable for almost everyone. It is a great place to teach clients to focus on both concentric and eccentric contractions as the legs straighten and bend. It



reinforces natural upright alignment of the body, but in a zero-gravity position; thus, it strengthens the leg muscles without placing a lot of stress on the joints or putting the client at risk of falling. This makes it an excellent exercise for very early after hip or knee surgery. Some of the objectives that can be achieved in Footwork are: hip extensor strength, knee extensor strength, co-contraction of the core muscles, lumbo-pelvic stability, hip adductor strength and control, and increased range of motion of the hip joints (open V positions).

Hip Work Series (legs in straps) on the Reformer or Cadillac: wonderful for increasing mobility of the hips, while demanding stability of the lumbo-pelvic region. Smooth continuous movement of the hip joint is executed while stability of the pelvis is maintained (hip dissociation). The primary muscles worked are the hip extensors, adductors, and abductors. The basic series is a wonderful place to start, and there are lots of progressions and variations. Up and Down Circles in particular are fabulous exercises to not only improve hip joint range of motion, but also to increase adductor strength and control as they are forced to work isometrically, concentrically, and eccentrically.

Scooter: one of my favorite exercises, because it is so functional and so versatile. It is a full body exercise, which develops core and scapular stabilization, hip dissociation, strength of the hip and knee extensors, as well as balance and proprioception. On the standing leg we challenge hip stability, balance, and proprioception; and on the moving leg we get hip mobility and hip extensor strength. When working with hip rehab clients, I like to modify it a bit by moving the foot of the standing leg forward (toward the footbar) so that the focus becomes more on hip extensor strength and mobility, rather than on abdominal strength.

Many of the exercises that we did for Jeff's rehab were progressions of these three basic exercises.

#### **Is it ever too late to start these exercises?**

It's never too late to use these exercises with patients or clients. Sometimes I've used them for the purpose of rehabilitating a hip or knee injury, to help an athlete enhance their performance, or to help prevent injuries from occurring.

Most days, I did the exercises with Jeff, and my hips got so much stronger and more mobile! I also noticed that certain aspects of surfing and yoga were easier for me after 3 months of doing these exercises. It's important to understand that these exercises can be quite challenging even for people who have not had hip surgery.

The Pilates exercises we did promote hip strength and stability, core strength and stability, hip mobility, and balance. Who doesn't need these things?

When working with clients who had a posterior or lateral approach, it's important you are familiar with the specific precautions for this type of surgery and choose or modify exercises accordingly, as there is a risk of dislocation.

Contraindicated positions after a posterior or lateral approach are hip flexion past 90 degrees, adduction past midline, and hip internal rotation. Some examples of contraindicated Pilates exercises for a client who had this type of hip replacement would be Mermaid, Single Leg Hip Circles on the mat, Footwork on the chair, Sidelying Hip Series on CAD: Leg Changes.



It's also important to understand that unexpected issues can arise. A few weeks after Jeff's first surgery, he developed sciatica type pain in his low back, right buttock and down his right leg. This was relieved with piriformis stretching and correcting his gait pattern so that he was not favouring the right side. Also, it can be difficult to get a good night's sleep the first few weeks because there is pain when lying on the surgical site.

I think Jeff's expectation was that once he hit the three month mark and could return to volleyball and surfing, he would bounce right back as if nothing happened. Unfortunately, in my experience, this is not ever the case. Even with a strong, motivated client who diligently does all of their rehab exercises- it takes time for the body to get back to "normal". This was a bit frustrating for Jeff. He is now six months post-op and getting better every week, but still does not feel 100%. Certain things are still difficult for him, specifically, jumping and quickly changing direction in volleyball, and popping up on a surfboard (due to the hip mobility and hip flexor drive required).

**So how do you coach clients through hip rehab?**

My advice is to find out what is important to the client, and focus on that goal. Make every session a step toward that goal. For someone who is very active, it is frustrating and depressing to not be able to do what they love.

I think it is important for people to understand why they are doing something, so I always explain what is being achieved by doing each exercise. I also recommend incorporating the client's hobby or sport into the sessions whenever possible. Once Jeff got comfortable with the Footwork series on the Reformer, I challenged his core strength, focus, and coordination by tossing him a volleyball. We also added the ball toss variation to his Jumping Series. This made the sessions more fun and allowed him to see and feel that his goals were in sight.

As Pilates professionals, I believe the safety and versatility of Pilates allows us to take patients from the early stages of rehabilitation to the long-term goal of a conditioned, efficiently functioning body and that's pretty incredible.



**Samantha Wood, MPT, MBA, NPCT, RYT**, is a licensed physical therapist, a National Pilates Certified Teacher (NPCT), a Yoga Alliance–certified teacher, and an associate faculty member for BASI Pilates. She created and teaches two advanced education courses for BASI Pilates: Pilates for Injuries and Pathologies (for Pilates teachers) and Pilates: Integration Into Therapeutic Practice (for rehabilitation professionals). She is the author of Pilates for Rehabilitation. You can join Sam in Bali, April 27th-May 4th, for a Pilates & Yoga Retreat at Soulshine in Bali.

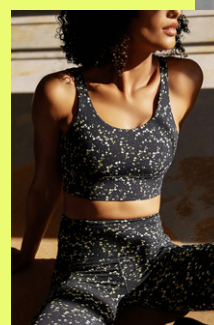
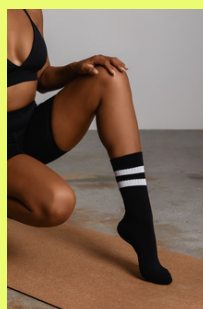
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# The Healing Power of Pilates

*by Kahley Schiller*

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My Pilates journey started in 2000 when I studied Pilates as part of my dance major at the University of Nevada, Las Vegas. It wasn't long after that I knew that it was exactly what I had been searching for! I was fortunate to study under Dolly Kelepecz. Dolly had trained under Eve Gentry. I felt so lucky that she took me under her wing and gave me so many opportunities to grow as an instructor including the opportunity to travel to Tokyo, Japan to oversee the operations of Dolly's newest studio location. It was through this experience and exposure to the Pilates world, I gained the confidence to open my own studio.

In 2005 I moved back home to Kansas City and opened my studio Pilates by Kahley, a 1,400 square foot studio. I was the only instructor at that time teaching both mat and full equipment classes. I'm proud to say that at the age of 25, I was realising my dream.

Introducing Pilates to thousands has been the most incredible journey of my life. Over the years, I've helped many instructors become certified and moved my studio three times to accommodate our growth. With a loving husband, two beautiful boys, and two dogs my life was full.

In August 2019 I was thirty-nine, living my best life and thought I was incredibly healthy. I was wrong. I began experiencing fatigue and nausea. I pushed through as these symptoms would go away at some point each day. After three weeks the fatigue increased so much that I could barely get through a Pilates workout. I went to the walk-in clinic at my doctor's office. The doctor wasn't concerned about my symptoms, and I left with a prescription for nausea. I returned four days later extremely fatigued, nauseous, and with yellow eyes. I demanded they do blood work. They called me the following day with the results and told me to immediately go to the emergency room! I was sent in an ambulance to the University of Kansas Health System and immediately admitted to the Intensive Care Unit (ICU). My liver doctor and his team were there waiting for my arrival. They did a full work up, including evaluating my liver's function.

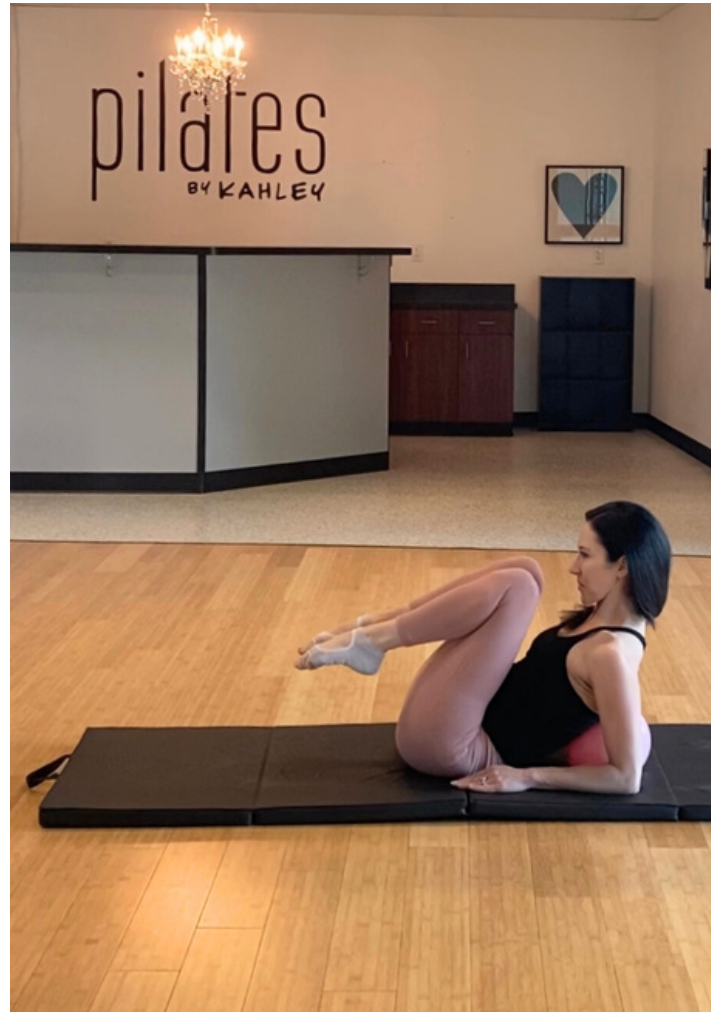
### Diagnosis

After imaging scans, a liver biopsy and extensive lab work my doctor told me 40-50% of my liver had been damaged by autoimmune hepatitis.

Autoimmune hepatitis is liver inflammation that occurs when your body's immune system turns against liver cells. The exact cause of autoimmune hepatitis is unclear, but genetic and environmental factors appear to interact over time in triggering the disease. I was in Acute Liver Failure-end stage and would ONLY survive with a deceased donor transplant. Without a transplant, I would likely survive no longer than 90 days.

### In the Waiting Line

While still in the hospital I met with the liver transplant multidisciplinary team for my transplant evaluation. This consisted of talking with surgeons, nurses, haematologists, dietitians, financial advisors, therapists, social workers, and other team



members. I also had to complete medical testing with cardiology, my dentist, and gynecologist to determine if I was an appropriate candidate to receive a liver transplant. The results from all of these tests and my MELD score (a score that measures your degree of illness to determine how urgently you will get a replacement) were presented to the transplant selection committee and I was approved to be on the national transplant waitlist. In fact, I was placed at the top of the list at the University of Kansas Health System.

Thankfully my numbers were stable enough to be discharged from the hospital as I waited in the hopes of receiving an organ offer. During this time my health deteriorated quickly. I went from teaching 25 Pilates classes a week, running a studio, and taking care of my boys, to barely being able to get out of bed. The high dosage of prednisone and liver disease caused me to gain 30 pounds from fluid build-up. My muscles began to atrophy, and it took all of my energy just to take a shower. I was also working on finalising my will to ensure everything was in order.

My hopes were high, my spirits were up, but I'm not going to lie and say I wasn't scared. I was scared and sometimes numb. My family, friends, instructors, and clients were overwhelmingly amazing.

On October 2, 2019, I received the call from my nurse coordinator that I had been matched to a donor liver. A liver that would be the right size for my body and close enough so that the transplant could be viable.



On October 3, 2019 I had my transplant surgery but it wasn't without complications. I had a blot clot that moved to my heart and then into my brain resulting in four minor strokes after which the blood clot dissipated. By the grace of God, I woke up on October 4th and they completed the transplant surgery.

### The Recovery

My pain level after surgery was unbearable. I had to use my upper body strength to get up and down. I was unable to use my core muscles because the surgeon had to cut through my skin, muscles, fascia, and nerves. As a result I was unable to use my abdominal muscles and experienced debilitating back pain - as my lower back was completely locked up.

As soon as I arrived home, I began to walk on the treadmill which is all I could do. I also used light hand weights to strengthen my upper body and to encourage my posture while my abdominals were healing.

As I rehabbed using the Pilates method, I found that I was also gaining a better understanding of my clients and their limitations. For instance, I couldn't feel my mid abs, similar to my clients who had C- sections and couldn't feel their lower abs. This allowed me to create exercises and modifications to help myself and others.

For example, doing the water slide exercise I placed a small ball between my scapula, which helped me maintain a stabilized C-curve position to strengthen my core without having to roll up and down. As my body began to heal, scar tissue formed around the incision causing the fascia to tighten. The nerves slowly regenerated and muscles learned how to fire again.

While this experience has taught me so many things, it also made me realise that the Pilates method is more than an exercise regimen, it's a way of life and teaches you how to mentally and physically push through the pain. I focused on this quote often by Joseph Pilates throughout my liver journey which brought me peace:

"Patience and persistence are vital qualities in the ultimate successful accomplishment of any worthwhile endeavor." Sometimes we have to be brave enough to realise that certain things are out of our control and patient enough to trust God's timing.

This experience has forever changed me and the way I live my life. I can wholeheartedly say the Pilates method helped me survive the surgery, made my recovery much faster and gave me the ability to come back stronger than ever!

**Kahley Schiller founded Pilates by Kahley in Kansas City in 2005 with a mission of sharing her passion for Pilates to help others change their bodies and their lives. Her practice was instrumental in her recovery from liver transplant surgery, and she now specializes in Pilates for injury prevention and rehabilitation, working with clients from young athletes to breast cancer survivors to the Kansas City Chiefs.**

**Certified in Pilates mat and equipment through DK Body Balancing Method of the University of Nevada Las Vegas. She also recently trained with first-generation Pilates teacher Lolita San Miguel, completing the Pilates Mentor Master Program to become an official second-generation Pilates instructor.**





# Nurturing Growth in the Pilates Community

HOW GUIDING OUR CLIENTS TOWARDS WORKING WITH DIFFERENT INSTRUCTORS IN YOUR STUDIO CAN BE A GENTLE CATALYST FOR BROADER INSIGHTS

by Claire Toone

In the vibrant tapestry of the Pilates community, instructors hold the threads that weave transformative journeys for our clients. In my multifaceted role as the owner of Pilates studios, an instructor deeply engaged in personal practice, and a team manager overseeing 17 instructors, the intricate dynamics of long-term client-instructor relationships have become a central focus of my reflections. This holistic viewpoint allows me to appreciate the nuances of Pilates from both a business and personal standpoint, emphasizing the delicate balance between cultivating intimacy and embracing change for continual growth.

## Cultivating Intimacy without Dependency

At the core of Pilates lies the profound connection between instructors and clients, a relationship built on trust, shared goals, and the victories that shape our studios. Drawing from my own experience as an instructor and studio owner, I've observed the beauty and strength of these connections. This reflection is not a critique but an opportunity for growth, an encouragement to consider how our practices can further enhance the tapestry of each client's unique Pilates journey. Encouraging clients to experience sessions with different

instructors can be a gentle catalyst for broader insights. This commitment to diversity becomes a collective endeavour, a collaborative effort toward providing clients with a more comprehensive, well-rounded Pilates journey. In this spirit, let's explore inclusivity and diversity, allowing the richness of the Pilates experience to flourish without unintentional constraints.

Beyond the physical aspects, the emotional bonds formed in the studio environment are the heart of the Pilates journey. Nurturing these connections is a shared responsibility among instructors, fostering an atmosphere where clients feel supported on both their physical and emotional wellness journeys. It's an acknowledgment that, as instructors, we are not just guiding bodies through exercises but also uplifting spirits and inspiring transformation.

## Promoting Professional Boundaries

In our collective pursuit of excellence, the maintenance of professional boundaries between instructors and clients becomes paramount. Reflecting on my journey, I've found that championing the idea that the Pilates journey is a collaborative effort involving

*“...the Pilates journey is a collaborative effort involving various perspectives empowers clients to benefit from a diverse range of expertise within our instructor community.”*



various perspectives empowers clients to benefit from a diverse range of expertise within our instructor community. This inclusive approach encourages a collective shift toward guiding and advancing clients together, fostering an environment where individual egos take a back seat to the shared goal of growth and enrichment.

Professional boundaries not only protect the integrity of the instructor-client relationship but also ensure that clients receive a well-rounded Pilates experience. By encouraging an open dialogue within the instructor community about the importance of these boundaries, we create an atmosphere of mutual support, where everyone is committed to the wellbeing and progress of the clients.

#### **Embracing Change for Industry-Wide Growth**

As stewards of the Pilates industry, our commitment extends beyond individual studio success to the collective progress of our community. I have witnessed the profound impact of embracing change on both instructors and clients. Recognising the occasional need for changes in perspective is an investment in both individual and industry-wide growth.

Embracing change doesn't diminish the significance of established relationships. Instead, it enhances our collective potential. It's an acknowledgment that diverse perspectives benefit not only clients but also instructors and the industry at large. This industry evolution depends on each instructor's willingness to embrace change, seek diverse perspectives, and continually refine their teaching methods.

As we encourage our clients to embrace the challenges of new exercises, we, too, must embrace the challenges of growth and

evolution within the Pilates community. This shared commitment to continual improvement ensures that we remain at the forefront of industry innovation, offering our clients the most enriching and effective Pilates experience possible.

#### **The Longevity Conundrum**

An intriguing aspect arises when considering clients who have trained with the same instructor for extended periods, spanning 10, 15, or more years. While this longevity can foster a deep connection and understanding, I've often observed that introducing occasional variety, perhaps through another instructor's perspective, can reignite the flame of improvement. Clients who experience different teaching styles or exercises often exhibit significant breakthroughs, demonstrating the vast potential for continual growth, even after years of dedicated practice. As instructors, it prompts us to question whether the comfort of routine might inadvertently lead to complacency. How can we, as guardians of our clients' Pilates journeys, ensure that familiarity doesn't breed stagnation?

#### **Avoiding Complacency**

When instructing the same clients week after week, there's a risk of becoming too comfortable, potentially leading to a less critical approach. To counteract this, a conscious effort is required to maintain a mindset of perpetual growth and challenge. Regular self-reflection, peer evaluations, and ongoing education are essential components of this approach.

Encouraging instructors to periodically step outside their comfort zones, attend workshops, or explore new teaching



methodologies ensures a continuous infusion of freshness into their sessions. The objective is not to undermine the established rapport but to enrich it, providing clients with a dynamic Pilates experience that constantly evolves.

#### **A Call to Reflect and Grow**

In conclusion, this reflection on the personal dynamics of Pilates serves as an invitation for instructors to ponder their practices, particularly in private sessions. It's not about judgment but about fostering an environment where encouragement, growth, and a positive impact take center stage.

Our shared goal transcends individual accomplishments or studio success; it's about making a lasting, positive difference in the lives of our clients. Let's approach this journey with warmth,

professionalism, and a commitment to shaping an inclusive, diverse, and profoundly impactful Pilates experience. As we collectively navigate these personal dynamics, drawing from our shared experiences, may our studios become havens of growth, empowerment, and transformation for all who walk through our doors.

**Claire Toone, with over a decade of experience in the Pilates industry, founded Noosa Flow, seamlessly blending her luxury marketing expertise with a profound dedication to wellness. With two thriving studios, Claire's visionary approach and commitment to empowering individuals establish her as a trailblazer in the wellness landscape.**

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# Redefining Modern Menopause

LET'S CELEBRATE THIS RITE OF PASSAGE AND CHALLENGE OUR MENOPAUSAL CLIENTS TO ACHIEVE NEW HEIGHTS

by **Michelle Laframboise**

My love of movement began at the tender age of two, when figure skates were laced up on my little Canadian feet. Skating consumed my whole childhood and adolescence. Early morning practices before school, after school and weekend practices, and entire summers spent shivering in a cold arena as my friends frolicked in the warm waters of the lake our town was settled on. But I loved it. We were fortunate to have world renowned instructors and learned that to excel in a sport, we had to cross train our bodies in many ways. My mom was a former figure skater and began lifting and bodybuilding in her 30's. I would hop into my basket seat on her bike, and off we'd go to her little sweatbox of a gym that was full of big muscly men, and her! Training was a way of life that I became very accustomed to.

I earned my BScN in Canada, and moved after graduation to North Carolina, where I've been ever since. I practiced ER nursing for several years before finding Pilates. I had just had my first child, and my neck was constantly stiff and painful. I took my first Pilates lesson and was hooked immediately. My love of intelligent movement all came rushing back. It just made sense to my body and mind, and I knew I had to pursue a certification. After some time of practicing, I signed up for the STOTT comprehensive training while I was pregnant with my second child. And the rest is history. I have been teaching for 17 years, and I'm so thankful for that painful neck!

My 30's were a very stressful time in my life. I was divorcing, and opening up my first commercial Pilates studio while navigating single motherhood and all that entails. I was the only instructor, and wearing far too many hats. I was traveling out of state regularly to certify Booty Barre instructors which was something I was so proud of and loved to do – but all of the stress started to take its toll. You would think since I was an RN, that I would have immediately acknowledged the signs of chronic stress, right? Wrong! As busy, overwhelmed women, we tend to stay hyper-focused on our goals, and what needs to be done for survival alone. Exhausted, pale and suddenly unable to recover from workouts? I'm just overwhelmed, I would tell myself. All women are. Dizzy, moody, disrupted sleep and losing muscle, strength and stamina? I'm stressed out, it's to be expected! Chronically bloated, abdominal pain when I ate, a change in bowel habits and continued muscle loss despite eating well and working out? Developing strange fat deposits on my abdomen, having sudden panic attacks at night, breaking out into sweats and soaking my sheets? HOW many signs did my body have to give me?! We can be so busy, stressed and taking care of everyone and everything else, that our bodies can fall apart right in front of our own eyes, and we'll still brush it off. I was living in survival mode, as so many of us do. I finally went to my primary care doctor, and thus began my journey into learning about chronic stress and perimenopause.

***“She told me that no matter what prescription medications and supplements I took, it wouldn’t matter unless I addressed my stress management and cortisol levels...she was right.”***



At 41, I still remember getting the call from the nurse - “looks like you’re in perimenopause. Have a good weekend!”. I stared down at my phone, flabbergasted. I didn’t think that would even be on my radar until my 50’s! No one told me what to expect. I wasn’t informed that I would have to change my eating, training and lifestyle in order for my perimenopausal body to continue to thrive. I was sent to different specialists for the myriad of symptoms I was experiencing - a gastroenterologist specialist for the small intestinal bacterial overgrowth (SIBO) I was diagnosed with; an endocrinologist to monitor my thyroid; a gynecologist to address getting started on HRT. I spent well over a year hop scotching from doctor to doctor, until I found an integrative physician who addressed me as a whole, and taught me about stress, cortisol and my HPA axis. She told me that no matter what prescription medications and supplements I took, it wouldn’t matter unless I addressed my stress management and cortisol levels. She was right. I decreased the frequency and intensity of my workouts and added in more long walks. I got more sleep. I ate more protein. I started lifting. I took more time to recover. I got out in the natural light upon waking and started to meditate. I learned how critical stress management was for perimenopausal women. We become so much more sensitive to stress when our estrogen and progesterone decrease and our cortisol levels elevate. The goal is not to throw more fuel on the fire by further increasing our cortisol. Sustained high cortisol, alongside the drop in estrogen, elevates blood sugar and insulin levels - leading to those changes in body composition we all dread.

I started wondering why I had seen SO many doctors, yet only one of them taught me about the physiology of perimenopause and chronic stress, and how to reverse many of the resultant





symptoms. Through my research, I learned some pretty disturbing stats. By 2025, more than 1 billion women will be menopausal. Due to women living longer, the average woman can expect to spend 40% of her life in postmenopause - that's not even taking into account the many years we can spend in perimenopause. According to the AARP, only 20% of obstetrician(ob)/gynecologist(gyn) residencies offer menopause training, and half of all US ob/gyn residents felt they needed more education on menopause medicine. 85% of perimenopausal and menopausal women experience symptoms that clinically impact quality of life. Who is going to competently care for all 1 billion of us?

As I started to post about my own experiences, more and more women were messaging me with their own harrowing stories of feeling invalidated and dismissed by their own doctors. They were angry, lost and losing hope of ever feeling like themselves again. I decided that I would spend the rest of my career working with women going through the menopause transition. We need education, guidance and support. I created MenoFit Method with the mission of putting women back in the driver's seat of their menopausal journey. I teach women how to modify their nutrition, training and lifestyle to work with their changing physiology, so that they can maximize their fitness, health and wellness, and minimize their symptoms. This is achieved through menopause-friendly workouts, plenty of education and guidance, and community. This can be a very isolating and stressful time in a woman's life - not only are we experiencing the mental and emotional effects of our shifting hormones, but we may also be dealing with aging parents, divorce and kids going to college. It can be complete overwhelm, and we need to be surrounded by like-minded women who understand and encourage one

another. A strong sense of community is linked to improved mental and physical health.

It's important for Pilates instructors to have a foundational understanding of the changes their menopausal clients are experiencing. For example, you can competently educate both current and prospective clients on why menopausal women need Pilates. The decline in estrogen leaves our menopausal clientele at risk for connective tissue and joint injuries. How many women have come to you with repetitive injuries from workouts like Cross Fit? They may not know that they are at much higher risk for injury due to peri/menopause. Pilates helps to develop strength, stability and mobility in a safe manner, and is a perfect way to start priming their bodies for the inclusion of lifting. The loss of muscle and bone density is accelerated during the menopause transition, leading to a higher risk of falls, fractures and a decrease in metabolism. Pilates helps to slow the muscle loss and stop the progression of osteoporosis. The mind-body aspect helps with mental processing, and their balance and coordination will also greatly benefit. The majority of menopausal women you train will be very concerned with changes in body composition and weight gain. Through understanding the physiology of peri/menopause, you can help steer them away from excessive steady state cardio and encourage them to do HIIT and SIT (sprint interval training) instead. You can emphasize the importance of safely incorporating heavier lifting alongside their Pilates practice, and giving their bodies extra recovery time when needed. You'll know to direct them toward incorporating more non-exercise related movement throughout their day, because it accounts for 15% of caloric expenditure, vs working out at 5%. You can tell them how imperative it is for them to aim for eating 1g of protein per pound of bodyweight, and that this alone can significantly move the needle in the right direction.

Menopausal women want to feel seen, heard and understood. When they realize that you have taken the time to learn about the effects of menopause and can help to guide them in the right direction, you will have a loyal client for life. A little goes a long way. In addition to making them feel cared for, you will be able to instruct more competently. Take a few minutes before each session to ask them how they're feeling. They may be experiencing hot flashes, major brain fog, erratic emotions, ringing ears, painful joints, headaches, and so much more. A gentler session, or specific modifications may be required.

Historically, menopause has been viewed as something to feel ashamed or embarrassed about. It has been associated with a loss of beauty and youth, weakness, hysteria, neurosis and even "living decay". Women have been treated as though they are invisible and can no longer contribute to society. It's time to bring menopause out from the shadows, and see it as a time to look forward, not back. Yes, it's difficult. Yes, there will be many obstacles to overcome. But we have more wisdom now, than ever. We have science-backed education. We have amazing role models. I would argue that we're better than ever! It's time to celebrate this rite of passage and challenge ourselves to reach new heights and achieve new goals. Empowered by education, support and a positive mindset, we can feel and perform our best, and be free and powerful women.

**Michelle Laframboise is an RN, Pilates Instructor and creator of MenoFit Method. A passionate advocate for women's health, Michelle empowers women to reclaim their fitness, health and wellness throughout the menopause transition. She lives in North Carolina with her two kids and Rocco the Frenchie, who loves to steal the show in all of her Pilates videos!**

# Building a Pilates Instagram community

BEING TRUE TO YOURSELF MEANS BUILDING AUTHENTIC CONTENT FIRST AND THE REST WILL FOLLOW

by **Johanna McCormick**

Instagram seemed so foreign to me back in the day. I always brushed off joining thinking “I’m too old for this.” After all, I graduated college when the email phenomenon had just begun. One day in 2016, my husband returned from a trip chaperoning his high school students in Chicago and proudly announced he was on Instagram. I figured if he took the plunge, so should I. I made a username with my initials and some random numbers, because who would really care? Scrolling through the very vast sea of Instagram was pretty revealing. It’s when I searched the word “Pilates” that things changed. I simply could not believe what was before my eyes. Yes....some ideas were not my jam, and that remains true to this day. So what do I do? I just scroll through. No need to criticize someone, just move on for goodness sakes! The content that did speak to me literally blew me away. My two favourite Pilates pros - Annie @annieverderamepilates and Christy @christymccabepilates opened my eyes to ideas I had never thought of before. What they showed in a 20-second clip allowed me to become a better teacher. These ladies, amongst countless other Pilates creators, were sharing their knowledge with the masses. I remember being glued to my screen and thinking, “where has this been my whole Pilates career?” Game changer indeed.

After several months of watching these Pilates experts, I thought I’d join in on the fun. I had grandiose thoughts of how many hundreds of likes and followers I would have after a few posts. Cue the laughter. As we know, that’s not the case. I averaged around 10-20 likes for a very long time - mostly from my husband and close friends. Why should I care, I thought. It’s just for fun after all. So I kept going and posting around 3-4 times a week. I befriended several teachers in the Pilates Instagram community - joining in on their hashtag fun. More importantly, I changed my username - hence Johanna Pilates was born! Luckily, Johanna is not a popular name. Slowly but surely, I earned likes and followers the old-fashioned way - one at a time. My content is a true representation of me - as both a Pilates teacher and a human being. Over several years, I continue to ask myself, what do I want from my page? The answer hasn’t changed too drastically from the start - I’ve evolved. My main goal is to help other teachers through my ideas. Similarly to how Annie and Christy helped me. I stay mostly on the reformer, because that’s where my expertise lies. Sticking to what I know has worked for me.



I’ve been on Instagram since 2016, and it’s been quite the ride. Nothing makes me more happy than receiving positive comments from fellow teachers. We are all in this together - there is no such thing as “my move” or “I came up with that.” Pilates is universal, and we teach to help others.

I’m very thankful for all the kindness and support I’ve received. I’ve had a few negative comments, but I’m not surprised. It’s social media for goodness sake.

Don’t be intimidated by the gram. Just post for you, and ask yourself what you want out of it. Algorithm whatever....if you are true to yourself the rest will follow.

**Johanna has been practicing Pilates for 21 years and teaching both group and private sessions for nine. You can find her on instagram at @johanna\_pilates and her website launching in April [www.johannapilates.com](http://www.johannapilates.com)**

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# Evolution of Pilates

## Part 2: Education, qualifications and efficacy

*Dr Penelope Latey 2024*

*Cert Pilates (UK, USA), Dip Pilates Movement Therapy, MSc, PhD*

### Abstract

This paper is Part 2 of two on the evolution of Pilates. The scope of this discussion paper explores the development of various educational business and other stakeholders that have contributed to the diversification of Joseph Pilates 'Contrology' to the current landscape of Classical Pilates, Comprehensive, therapeutic, and clinical Pilates and gym/fitness large group Pilates. The pedagogical pathways supplied by Pilates teacher training businesses, levels of qualifications, accreditation bodies, professional associations are discussed.

The growing body of information on the positive effect of Pilates for managing some conditions and problems may be linked to modifications to the method, increasing consumer interest in Pilates and advertorials by training businesses. Research reports, Pilates provided by a comprehensively trained experienced instructor is the most effective intervention for chronic low back pain in reducing pain and improving function; more effective than physical exercise rehabilitation for improving functional mobility and balance for some neurological conditions; and has a greater effect than general exercise on balance and reducing the risk of falling in the older adult.

However, none of the positive findings on Pilates research for managing specific conditions or pathologies is likely to have efficacy or be safe when provided in a gym large group class setting or by Pilates instructors with only a mat or reformer certification, whatever other professional qualifications the provider may have. Distinguishing between levels of education, accreditation and skills of GymPilates, the complementary modality of comprehensive and therapeutic Pilates, and clinical Pilates that is part of a conventional health professions treatment toolbox provides consumers and stakeholders an accurate provision of service. These differences need to be recognisable for students, clinicians, consumers, public health funding bodies and private health insurance funds.

The Pilates profession(s) require accurate descriptors of provision of service, transparent independent regulation with improved consistent higher education, for safe ethical practice.

### Key words:

Pilates, mind-body exercise, rehabilitation, fitness, Allied Healthcare, Complementary Medicine, Education, and training.

### 1.1 Current Education and Qualifications

Pilates teacher training has rapidly transformed internationally from in-studio apprenticeships to the business of structured theoretical education, mentoring and personal practice towards short online or face to face repertoire training. A consequence of the development of self-regulated Pilates teacher training courses has led to vast differences in skills, types of qualifications and various accreditation pathways for the provision of Pilates.

#### 1.1.1 The business of Pilates education

Some Pilates teacher training businesses offer both comprehensive courses to enable individuals to become Pilates teachers and courses specifically for registered allied health care workers, as well as short repertoire courses. Most offer remote and face to face learning, some course providers offer 100% online training [1, 2]. They may have their own training centres in numerous countries. Many align themselves with specific Pilates equipment manufacturers [3]. This commercial relationship may have contributed to the promotion of the group reformer gym Pilates classes, with little attention paid to the effect of using different spring resistance [4], or the inherent dangers of minimal supervision when using reformers in a large group setting.

One USA based business provides a range of Pilates courses internationally, with training for fitness instructors, independent Pilates teachers and allied health care workers [5]. Another international Pilates training business provides courses described as "clinical Pilates" offers a similar range of courses [1]. Both businesses offer comprehensive training that may take anywhere between a few weeks to up to a year to complete. They require theory assessments, online or pre-recorded or face-to face practical exams. They also offer short repertoire courses on mat and Pilates equipment.

A clinical Pilates educational business based in Australia provides courses only to allied health workers [6]. They use a "Movement Based Classification" system to assess the client for functional bias [7]. Kwok and colleagues suggest that clinical Pilates is a safe and effective way to manage low back pain [8] however they provide little evidence for the efficacy of this structural approach to Pilates. The duration of these courses are one to three weekends and participants are certified by the training provider.

Similarly, in the UK and Europe, various Pilates education providers also offer a range of teacher training for fitness instructors, independent Pilates teachers and allied health care workers [9]. Courses range from one day mat certification to 1,000

hours comprehensive training [10]. Many of the Pilates education businesses in the UK and USA are directly linked to Pilates associations [9, 11].

### 1.1.2 Qualifications

Pilates providers may hold a government accredited Level 3 or 4 Certificate, Diploma, Advanced Diploma or University Graduate Certificate and may be full members of a professional association or have no accreditation or affiliation. Pilates associations recognise various qualifications, require members to adhere to their scope of practice and ethical code to maintain registration. While some associations internally distinguish levels of training, between GymPilates group class providers and levels of comprehensive or therapeutic Pilates, members' qualifications can be unclear to the public. As a result, the consumer may have a compromised perception of the different qualifications of Pilates providers.

Some Pilates associations provide oversight on course content, and assessments [11-13]. But as an unregulated industry it is uncertain if all competencies are met. What is more concerning is the increased promotion of primarily online courses (Figure 1), as guidance on complex physical performance skill, safe equipment use and practice of professional interactions with clients are not available due to the nature of the delivery mode. Translating virtual teaching to real time and space human interaction cannot be addressed online. Further, no independent reviews on courses have been published on, validity of assessment procedures, skills and risk factors or levels of competency to apply Pilates to clients. Therefore, determining if an online course equips participants to provide Pilates safely, and effectively remains uncertain.

## 2.1 Accreditation

### 2.1.1 Large group GymPilates accreditation

Many international Pilates education providers and fitness education businesses in conjunction with various professional associations have successfully negotiated to include recognition of some Pilates certificates as qualifications within National Registers of Exercise Professionals. These fitness industry Pilates courses offer accreditation for GymPilates group mat or Reformer classes. Some Pilates courses for fitness and personal trainers are advertised as delivering education from one to five weekends online and include assessment plus self-mastery and observation [1, 2, 9, 14]. It is unclear what percentage of time is spent on course content, quizzes or student review of information.

In the UK the National Occupational standards (NOS) for Pilates was established in 2005 and entitle Pilates teachers to be included in a Register of Exercise professionals. These Nationally agreed standards were developed by the Skills Sector Council (Skills/Active), the Register of Exercise Professionals, a number of Pilates training providers and awarding bodies. As a consequence a Level 3 Certificate in teaching Mat qualification is accepted as meeting NOS standards [15]. Similarly, in the United States of America, The National Commission for Certifying Agencies (NCCA) has a Registry of Exercise Professionals® who must hold current NCCA-Accredited Certifications offered by CREP® and include a personal trainer level of certification, the Nationally Certified Pilates Teacher offered by the National Pilates Certification Program [16].

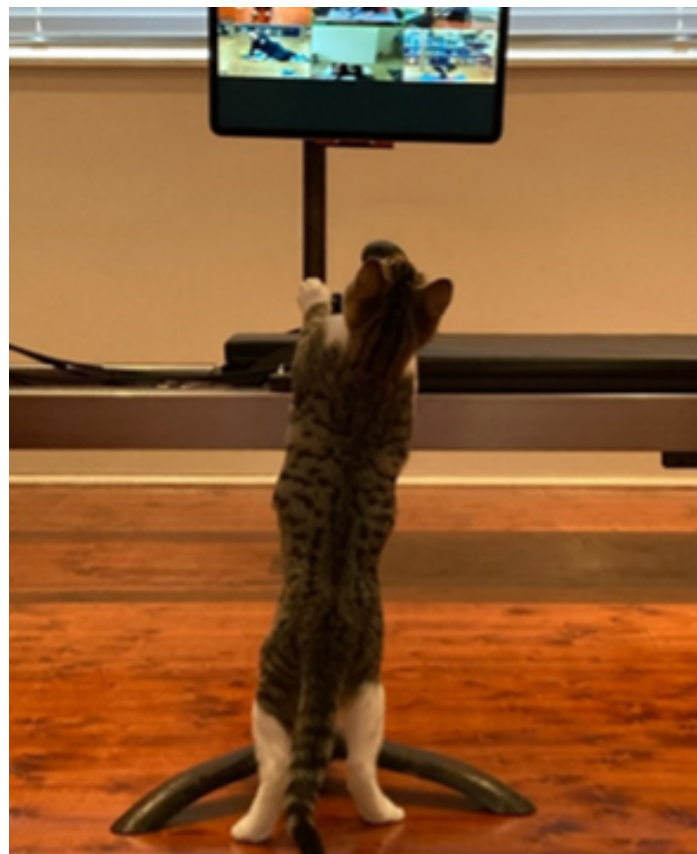


Figure 1: Teaching online can compromise supervision skills.

Framework, providing a range of Pilates courses from online mat or reformer repertoire to comprehensive training. Currently AUSactive a fitness industry association is encouraging Pilates instructors to join their organisation, as certified to deliver Pilates repertoire and/or teach Pilates [17]. AUSactive approved Pilates courses are delivered by some international Pilates course provider businesses [1, 18].

### 2.1.2 Comprehensive and therapeutic Pilates accreditation

Various national and international professional associations accredit comprehensive and therapeutic Pilates teachers. Examples of Pilates associations include the Pilates Method Alliance in the USA [11], Society for the Pilates Method [19], the Pilates Foundation in the UK and Europe [20], and the Pilates Association Australia [12]. These bodies screen the applicants' educational qualifications to determine eligibility and may be aligned with various course providers. Some associations have various levels of membership linked to levels of qualification, which possibly increases confusion for both the profession and consumer. The comprehensive or therapeutic accreditation requirements are substantial. Education includes completion of primarily face to face lectures and seminars, supervised personal and workplace practice, and may take two or more years to complete [5, 18, 20]. To remain a member of some Pilates associations ongoing continuing education and adherence to ethical practice is required, however no evidence of external independent auditing has been discovered.

### 2.1.3 Allied health Pilates accreditation

Registered Allied Health care providers are increasingly using components of Pilates within their treatment plans. Pilates training for registered allied health care professions is extremely variable and self-determined. Some undertake external training courses before or after completion of their undergraduate degree.

However, it is unclear if there are significant differences in teacher training curriculum between comprehensive and allied health Pilates education [18]. Some countries accept the provision of Pilates by allied health care workers such as in the UK and Brazil where physiotherapists provide Pilates within their government funded health schemes and private health insurance funds [21]. Since 2015, the Australian federal government have been undertaking a review of Natural Therapies including Pilates. A government directive [22] meant Pilates, regardless of who delivered it, stopped being eligible for benefits provided by private health insurance funds (PHIF) under any policy eligible for government subsidy (through the Private Health Insurance Rebate). However, interestingly physiotherapists lobbied government such that physiotherapists (and other allied health workers) could provide Pilates-based treatments that were able to be rebated by PHIFs as long as it was within their scope of practice and that treatment did not entirely consist of Pilates (circular PHI 69/18)[23]. These two criteria have yet to be clarified.

The quality and consistency of Pilates training for many allied health care workers are currently unknown. Topics on general exercise prescription are provided at undergraduate level, but at the time of writing minimal evidence could be found on the provision of Pilates education at an undergraduate level [24]. Some registered allied health workers do complete comprehensive Pilates training and undertake post-graduate research on the efficacy of Pilates. However, there appears to be no external auditing of Pilates qualifications or skills by registered allied health organisations.

A qualitative study on Pilates-trained physiotherapists suggests Pilates appears to be a valuable methodology in the UK National Health Service (NHS), which can help patients engage with activity [21]. However, the efficacy of the method may be dependent on the experience and skill of practitioners [25] and it remains unclear what Pilates qualifications are required to become recognised as a Pilates-trained physiotherapist within the NHS framework.

There are registered allied health care workers who provide therapeutic Pilates as a mind-body movement modality. However, many physiotherapists advertise that they provide clinical, or physio-based Pilates, and it remains uncertain if the mind-body component of therapeutic Pilates is provided in a clinical setting. Some allied health care clinics rely on specifically employed Pilates teachers or therapy assistants [26] who may or may not be comprehensively trained to provide Pilates. Many allied health Pilates providers do not belong to any Pilates associations. So, information on accreditation and continuing education competencies for the safe effective practice of clinical allied health provided Pilates is limited.

### 3.1 Discussion

The popularisation, and diversification of the method has led to a confusing range of provision of service and types of Pilates. While some Pilates literature states there are only two types of Pilates - mat and reformer Pilates [27] aside from mat classes for dancers, Joseph Pilates did not teach large group classes. Now a simple internet search on Pilates will bring up numerous types of Pilates. Some search results include different brands or Pilates businesses as separate types and are more about promotion rather than information. What is noteworthy is the lack of clear information on the actual qualifications of the Pilates provider, which leads to the questions qualified or certified how and by whom?

Many fitness, exercise and Pilates associations recognise various Pilates certifications. But even when certification is acquired it is uncertain if all requirements are met as competency in workplace practice is difficult to verify. GymPilates certifications are not consistent and training in safe equipment use may be questionable. Some reformer courses include minimal practice on a reformer, with qualifications attained via a repeatable until pass, online quiz [2].

There is no research on the therapeutic effect, efficacy, or safety of large group GymPilates. GymPilates mat or reformer sessions are usually at a fast pace, precluding awareness through breath, and with no mind-body coordination through the practice of focused attention [28]. GymPilates is not a complementary health modality. Similar to other general exercise modalities [29] it can only be effective safe exercise for the problem-free client (Figure 2). Consumers and providers need a clear understanding of the significant differences between GymPilates group exercise and comprehensive or therapeutic Pilates as a complementary health modality.



Figure 2: Large group fitness follow-along Mat class

There is a substantial body of research on the efficacy of Pilates exercise applied therapeutically either in a comprehensive studio setting or in small group population specific sessions. Pilates exercise programs provided by fully trained experienced Pilates teachers can reduce pain and disability [30, 31], improve some mental health outcomes [32], and psychological wellbeing [33, 34] and is the most effective intervention for low back pain [35-37]. In addition, Pilates can improve strength, joint function, and reduce disability in some chronic diseases [38-40], and for post-stroke rehabilitation [41]. Pilates also has a greater effect than general exercise on balance and reducing the risk of falling [42] and is more effective than physical exercise rehabilitation for improving functional mobility and balance in Parkinson's disease [28]. The considerable body of evidence on the significant reduction of low back pain and effective management of disability associated with other chronic conditions primarily provided by comprehensive therapeutic Pilates teachers [43] suggests that consistent, adequate support and recognition of these Pilates teachers by both public and private health insurance funds is overdue.

Comprehensive and therapeutic Pilates encourages mindful

movement, coordinated breathing with improved motion control, muscle sequencing from the Center and functional posture to maintain wellness [44]. The scope of practice of a comprehensive Pilates provider may vary depending on the providers experience and education. While comprehensive Pilates providers primarily focus on maintaining mind-body wellness, therapeutic Pilates practitioners, with additional experience and education may focus on managing pain, the consequences of chronic diseases and conditions, or age-related decline, to facilitate a clients' ability to sustain functional activities over a life span. The reputation that Pilates is beneficial may be entirely based on its success as a comprehensive mind-body movement system with modifications to exercises, individual exercise prescription and careful supervision [45], not because it is a subset tool in the fitness coach or allied health professional's toolbox. Positive research findings on the efficacy of Pilates have been accompanied by the caveat that effectiveness does not appear to be contingent on being provided by a physiotherapist [39].

Is the rapid inclusion of Pilates in mainstream healthcare, based on the increase in use by the general population and minimal training similar to the inclusion of dry needling [46] by mainstream medicine? Furthermore, do the discursive claims that allied health provided Pilates being substantially distinctive from other types of Pilates [47, 48] hold up under analytic scrutiny? Currently there are no specific competencies, skills or education requirements for allied health provided Pilates.

Many registered allied health providers are pivoting towards a better understanding of chronic disease management which includes many aspects of complementary medicine such as promoting mind-full behavioural change in a holistic manner[49]. Exercise providers and personal trainers are both attempting to capture the Pilates exercise as wellness market. Some in these professions may be missing the wholistic mind-body integrated system that is fundamental to complementary medicine. Indeed, complementary and conventional medicine have significant conceptual differences which are still barriers to integration [50].

Pilates is not a reserved or trademarked name with standardised competencies for safe practice. Anyone can state they provide Pilates or Pilates training. The ever-expanding group of stakeholders, whether they are Pilates professionals, course providers, equipment manufacturers or allied health providers, appear to have little incentive to coordinate their efforts to support comprehensive or therapeutic Pilates as a profession. For example, evidence of effective treatment for chronic musculoskeletal conditions includes a significant body of research by independent experienced comprehensive Pilates teachers [39], but these providers' services are not covered by insurance [43]. Consumers may be financially persuaded to opt for inexpensive GymPilates classes or use their Private Health Insurance funding to attend an allied health clinic where employees may or may not be adequately trained in the modality. Are some stakeholders quietly cutting up the popular pie of Pilates into GymPilates and allied health, clinical Pilates? The consequences being that the independent comprehensive or therapeutic Pilates studio providing tailored supervision, based on Joseph Pilates philosophy that is the foundation of this mind-body movement modality, will no longer be viable.

Unfortunately, the Pilates industry has minimal self-regulation. Participants and teachers can be injured by inappropriate exercise prescription, inadequate supervision, and poor

equipment safety. It is critical that patient/participant safety remain paramount for regulators [51]. The lack of clarity around education, and actual safe effective practice is further complicated as distinguishing competency to practice between experienced apprenticeship trained Pilates teachers, certified Diploma or advanced Diploma comprehensive or therapeutic Pilates remains clouded by commercial conflicts of interest. Learning functional movement assessment skills that underpin therapeutic Pilates tailored exercise prescription and supervision skills (Figure 3) may be listed in course brochures, but independent confirmation of this skill acquisition is often unverified. Those interested in training as a Pilates professional, often relying on internet advertorials when choosing a training course. The development of independent, international training guidelines and higher education for specific Pilates professional competencies is an important area for investigation and urgent development.



Figure 3: Balance task used in therapeutic Pilates client assessment.

Comprehensive and therapeutic Pilates is a mind-body exercise modality that focuses on interactions among body (movement and posture), breath, and mind (meditative component) [28]. Pilates is a relatively recent addition to the disciplines of mind-body exercise [52], but its principles have always incorporated long standing eastern meditative movement philosophy [53]. Increasing consumer uptake and the ever-expanding body of research on Pilates supports this mind-body exercise system of person-centered [54] wellness as effective for managing many chronic problems [36, 37, 55] and conditions associated with ageing [33, 56].

However, for those with chronic problems exercise choice and adherence remains challenging. As Reid and colleagues note: the risks of physical activity for people living with long-term conditions may be overstated with routine preparticipation screening by an allied health care worker posing an unnecessary barrier to engagement with self-directed physical activity. The need for

medical guidance, as opposed to clearance, should be determined by individuals with specific concerns about active symptoms [57]. The exceptionally high adherence rates reported for those practicing Pilates with chronic conditions [39] warrants consideration. Client informed choice of Pilates teacher, with equivalent funding, whoever the provider may improve exercise adherence for people living with chronic problems. This needs to be supported with consistent higher educational standards and oversight of Pilates providers.

#### 4.1 Limitations

The regulatory bodies, Pilates associations and teacher training bodies identified in this commentary were limited to those that were readily available and identified through publicly available search engines; additional Pilates associations and Pilates training provider businesses may exist.

Some Registered Training Organisation courses and National Certification Bodies recognise both short and comprehensive training certification. However, the actual type of certification, or quality of certification including hours of study undertaken, assessment of competencies or skill acquisition of many service providers is unable to be independently verified limiting the certainty of accreditation or skill of providers.

#### 5.1 Conclusion

The evolution of the Pilates method has in part led to its popularisation. The changes in pedagogical orientation have also contributed to the substantial diversification of the Pilates profession. The Pilates profession has been fragmented by various training providers, professional associations, equipment manufacturers, the fitness industry, and allied health care businesses.

Uncoupling the economic relationships between some course provider businesses, equipment manufacturers and non-specific exercise based professional associations would enable the development of Pilates specific skills, a consistent scope of practice and transparent regulatory framework to maintain safe practice. This could be achieved with regulatory assistance to independent Pilates associations and confirming educational competencies of Pilates teachers with highly scrutinised courses such as those provided by universities. Tertiary Pilates courses facilitates collaborative research on Pilates potentially improving the standards of care for those with chronic conditions.

Distinguishing between GymPilates, the complementary modality of comprehensive and therapeutic Pilates, and clinical Pilates that is part of a conventional health professions treatment toolbox provides consumers and stakeholders an accurate provision of service. Ensuring that accessibility is not limited by financial incentives to the few, nor skewed towards supporting those with a pre-existing but not necessarily relevant registration or qualification, the profession of comprehensive therapeutic Pilates requires consistent higher education and transparent regulation.

#### Declaration of interest:

None

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If you are interested in discussing the points brought up in this or the previous article on the Evolution of Pilates please contact Dr Penny Latey below.

**Dr Penny Latey is an internationally recognised Pilates Instructor with over 45 years' in professional practice. Over the years, Penny has contributed significantly to the Pilates community, establishing the first qualified Pilates studio in Australia, co-founding the Australian Pilates Method Association, and pioneering structured Pilates teacher training. Author of "Modern Pilates 2000" and several publications, Penny holds a Ph.D. Measuring and managing foot muscle weakness. Currently an Adjunct Lecturer in the Faculty of Medicine and Health at The University of Sydney, she specialises in complex foot and lower limb issues.**

**Passionate about the holistic connection of mind, body, and spirit, Penny advocates for a person-centered, therapeutic Pilates approach to enhance overall well-being. You can find Penny [here](#).**

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# It's all in the mind

HOW MINDFULNESS, BREATHWORK AND MEDITATION CAN SUPPORT YOURS AND YOUR CLIENTS' PILATES PRACTICE

by *Emily Smith*

As mindfulness, meditation and breathwork become a key area of focus in the wellness and health industries, the evidence supporting their benefits for Pilates continues to grow. The shift from high-intensity, gruelling exercise towards lower-impact, strength-focused movement styles like Pilates has been accompanied by a new emphasis on the importance of recovery, rest, and the mind-body connection. While Pilates is built on many of these foundations, it's a time during which the spotlight on mindfulness practices offers an exciting opportunity to deepen your existing Pilates practice, and allow you to better support your clients in achieving their individual health goals.

Mindfulness practices, including meditation and breathwork, have been shown to improve mood, reduce stress and anxiety, support brain function and flexibility, and generally enhance wellbeing and health when done consistently. But these practices also bring specific benefits to Pilates - both for instructors, and for your Pilates clients. Let's dive into just a few of the major benefits of mindfulness for Pilates.

## 1. It enhances the mind-body connection.

For many of us our original training taught us the importance of breathwork. When start to consider adding Mindfulness into our experience it takes our training to new levels. When you apply mindfulness to your Pilates practice your requires you to bringing more attention your awareness to your body and the sensations you're experiencing - a technique and skill which can be applied to your Pilates practice too. It brings your attention to your movements, your experiences of the present moment, how you're feeling as you move through a Pilates sequence as a teacher or a student.

This means you're more aware of your body as you do your Pilates, so you can mindfully activate and engage each muscle group required in each movement you perform. Instead of rushing through sequences and flows, focusing on getting your heart rate elevated or getting to the end of the flow as quickly as possible, you're more attuned to the individual muscles you're working. For example, in a lunge sequence, instead of lunging repeatedly as quickly as possible, you can intentionally activate your glutes, hamstrings, core, stabilising muscles and your quads, helping you perform the movement to the fullest extent, with correct form and involving all the right muscles. Whereas without mindfulness and



attention, you might only activate one or two of these key muscles in performing the movement, meaning you're not getting the same effectiveness from the movement and you're risking injury in the process.

In developing a mindfulness practice, or incorporating mindfulness into your teaching, you can help your clients to hone their mind-body connection, and enhance the effectiveness of your classes in the process.

## 2. Mindfulness helps achieve better results from your Pilates practice.

Similarly, mindfulness helps to improve the results and outcomes you and your clients can achieve from Pilates. In enhancing the mind-body connection and allowing your clients to intentionally activate all the necessary muscles to perform key movements correctly, you give them the best chance at seeing faster, greater results from their workouts. If they're recruiting more muscle groups, enhancing their range of motion, reducing their risk of injury and performing each movement to its fullest and most challenging extent, they'll notice a difference in their strength, physique and ability very quickly!

The presence, intention and focus achieved with mindfulness hugely improves the results Pilates can achieve for your practice, and your clients' health goals.

## 3. It brings presence to your Pilates practice.

Mindfulness has been shown to improve your ability to be present and focused in the moment, helping you and your clients experience more enjoyment and satisfaction from Pilates. In really making the most of each Pilates class or flow you teach, you and your clients can get more out of each session - both physically and mentally.

A Pilates practice can offer a chance to reconnect with yourself, take some “me time”, and switch off from the pressures and demands of daily life for both yourself and your clients - but only when done with mindfulness and presence.

Instead of your clients being distracted by endless thoughts, to-do lists and negative self-talk during their Pilates practice, they'll learn to focus on their body and their movements, giving them a much-needed release and break from their day-to-day schedule, commitments and stress.

Not only does mindfulness help your clients enjoy their time on the mat or reformer more fully, it has also been proven to elevate mood and brain function, and actively reduce stress levels, meaning there's more room to embrace the practice of Pilates without distraction.

#### **4. It gives you more energy, so you can enjoy your Pilates more fully.**

Mindfulness also helps you and your clients to feel more energised, largely due to the emphasis of meditation, breathwork and other techniques on deep breathing. This then provides the muscles with more oxygen and energy, helping your clients to exercise more efficiently, and feel stronger and more energised during their Pilates practice.

As you know, when you feel nourished and revitalised, you enjoy Pilates far more, so this benefit of mindfulness is undeniable.

Mindfulness allows a more intentional approach to Pilates, allowing you and your clients to experience better results, more enjoyment, and an enhanced ability to be present during your practice.

Understanding what mindfulness actually is is crucial - while many people believe mindfulness requires you to rid your mind of all thoughts and emotions, this is not an accurate reflection of the practice. Instead, mindfulness focuses on releasing judgement, allowing your thoughts to pass without attachment, and learning to be present and connected to yourself. If you'd like want to understand more about mindfulness, breathwork and meditation, and how you can use it to elevate the Pilates practice of your clients and yourself,

*Unite Health has just launched an innovative new online program designed specifically for Pilates instructors and enthusiasts. The Mindfulness, Meditation and Breathwork for Pilates course takes you through practical modules and tools to seamlessly incorporate mindfulness, meditation and breathwork into your classes to help enhance your teaching skills, client relationships, and your overall well being.*



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**You can find out more [here](#). Learn more here and sign up today to experience the benefits of mindfulness for yourself and your clients in your Pilates practice today!**

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# Elevating the design of your studio space

CRAFTING SUCCESS: THE ESSENTIAL GUIDE TO DESIGNING A PILATES STUDIO FOR OPTIMAL CLIENT EXPERIENCE AND LONG-TERM PROSPERITY

by *Emma Cecchin*

When you look at your Pilates studio design does it bring you joy? Did you start with a plan and it morphed into something else?

Emma Cecchin from O'Neill Architecture shares her knowledge and experience in studio design and how you can create a space that helps to attract and retain clients who fall in love with your business.

Designing a Pilates studio is not just about aesthetics; it is a strategic journey that directly impacts the success of your venture. The careful consideration of studio design, encompassing goals, space utilisation, equipment selection, accessibility, and client amenities, can contribute not only to the immediate experience of clients but also to the long-term health and wellness of your business. In this article, we explore the importance of good studio design and provide insights into creating a cohesive and appealing space.

## Defining Goals for Studio Design

It all starts with your goals. The importance of defining the goals of your Pilates studio before embarking on the design process cannot be overstated. It serves as a guiding compass, ensuring clarity, focus, and alignment with your vision. Considerations such as your studio's focus (rehabilitation, fitness, relaxation, or a combination), target audience, space planning, budget, and the look and feel of your brand should be thoroughly outlined in a comprehensive document. This document becomes a tangible reminder of your aspirations, assisting in tracking progress, making informed decisions and staying on point.

It's really important to know your focus and your audience to assist you to visualise your space in its most efficient form. Does your style suit an open studio concept or small boutique classes with an individual focus? Meanwhile, when it comes to brand it is essential to align your messaging with your chosen audience and energy. You need to understand if your style and vision is perhaps minimal, coastal, urban, colourful, warehouse, New York loft or something else. Choose what reflects the essence of your Pilates Studio.





To personalise any space you might also need to seek out council or building approvals, and consider whether there are any incentives offered by the landlord.

### Maximising Space Utilisation

If you are already in your space and running things day to day. It's important to stop and assess what I like to call efficient space utilisation. This is crucial for creating a functional and appealing Pilates studio.

We need to ensure that everything serves a meaningful purpose and it's important to invest in effective storage solutions to optimise space utilisation.

Make sure you think about things like:

- traffic flow –how will people move through the space?
- the arrangement of workout areas – is there enough space around each piece of equipment?
- ensure you invest in multi-functional equipment,
- using flexible furniture that can easily be moved or folded away and avoid anything unnecessary.,
- incorporating vertical storage solutions like wall-mounted racks to maintain a clutter-free environment.

Consulting with a designer provides valuable insights into spatial planning, as their understanding of opportunities and constraints of spaces and their knowledge on ergonomics and aesthetics will assist you to tailor your space to your specific needs. They might also draw your attention to the smaller details like mirrors, lighting and other fixtures and fittings which can provide further efficiencies and create the illusion of more space to further enhance the overall ambience of your studio.

### Dimensions and Layout Guidelines

Make sure you know the dimensions of your Pilates studio to ensure the most effective layout and to maximise the space utilisation. If you haven't already, aim for studio spaces between 50-100 square meters, but actual requirements depend on the equipment you intend to use and the types of movements that will be undertaken.

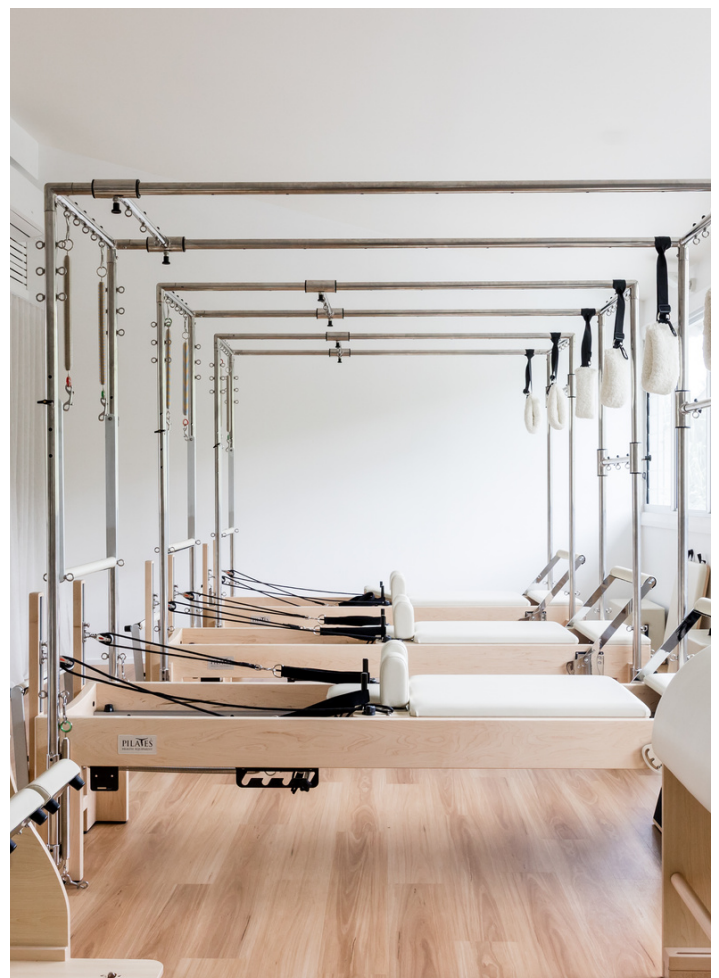
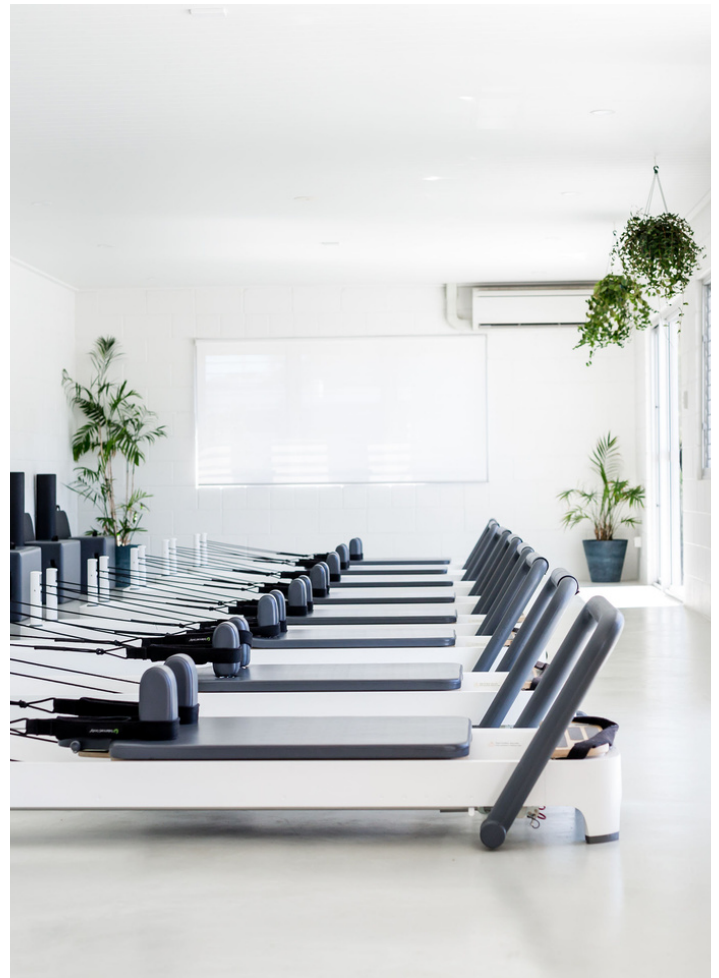
Allow enough space(s) to unravel your exercise platform slowly. This gradual opening up of space allows clients to navigate comfortably and freely, fostering a sense of openness and ease. An entryway that exudes warmth and hospitality, promotes a mindful approach to movement and allows clients to explore their intention and awareness before entering their class. Layouts should be designed to accommodate both individual and group sessions, ensuring accessibility for all clients, including those with mobility challenges. Allocate space for amenities, storage, and be mindful of the potential for expansion due to future growth.

### The Crucial Role of Equipment

The choice of equipment is pivotal and should align with the goals of your Pilates studio. Versatile equipment like reformers that can transition into cadillac's offer flexibility and versatility, whereas, wunda chairs, high barrels, arcs and spine correctors offer functional diversity and aesthetic appeal.

### Marketing and Branding

When it comes to marketing and branding your Pilates studio, it's essential to align your messaging with your chosen audience and



energy and ensure consistency in your visual identity and branding.

Will you choose a nurturing, approach (highlighting Pilates' ability to promote relaxation and mindfulness) or an upbeat approach (youthful energy) that may appeal to a younger demographic drawn to dynamic fitness experiences.

Regardless of the approach you choose, it's important to stay authentic to your studio's values and goals. Whether you're nurturing souls or igniting youthful energy, your marketing efforts should reflect the essence of your Pilates studio. A beautifully designed Pilates studio with well-designed and considered aesthetics and welcoming ambiance can attract attention and leave a lasting impression on potential clients.

### Enhancing Accessibility

Don't underestimate the importance of accessibility in your studio. It's much more than just an accessible bathroom and a ramp. Creating an accessible Pilates studio is essential for inclusivity. Consult with a designer to optimise the physical layout, recommend adaptable equipment, and ensure compliance with accessibility standards. You might need to improve lighting and signage to create a welcoming environment for clients with mobility challenges.

### Client Amenities

Consider various amenities to ensure a positive and comfortable experience for clients. It's important that you think about things

like how music can enhance someone's mood, do you have a private changing area and a relaxing space for them pre- and post their session, do you have a designated area for events, can you control the temperature and incorporate elements like greenery for an enhanced overall experience?

It's also worth considering the impact of lighting on clients' circadian rhythms, using lighting solutions that mimic natural daylight patterns to promote energy and alertness during workouts. Natural Light, fresh air (climate permitting) and proper ventilation can enhance mood and energy levels adding to the overall ambience and feel of the space.

The art of designing a Pilates studio goes beyond aesthetics. It is a strategic endeavour that influences the success and sustainability of your business. Essentially, a thoughtfully designed studio environment acts as a foundation for drawing and retaining clients.

**Emma Cecchin is a Senior Interior Designer with 30 years of industry experience. Her current work with O'Neill Architecture sees her focused on creating living and working environments that provide a holistic approach to the built forms that support and nurture the life of organisations, people and culture. With an additional degree in psychology, and a Diploma of Pilates movement Emma approaches her design work with an understanding of the minds and bodies that will occupy those spaces to ensure clients flourish in their environments.**

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# Instructor Spotlight: Jade Moore

WE SPEAK WITH PILATES INSTRUCTOR JADE MOORE ABOUT HER PILATES CAREER AND WINNING KX PILATES INSTRUCTOR OF THE YEAR

**Q. Tell us a little about yourself and your Pilates background?**

**A.** My name is Jade! I live in the South Eastern suburbs of Melbourne, Australia and I am OBSESSED with Pilates. I've been teaching for almost 3 years now at KX Pilates in Berwick, but have lived and breathed KX Pilates ever since I started as a client back in 2018. I was the client who was there every day, sometimes multiple times a day, and after many "suggestions" (read: nagging) from my beautiful studio owner Nikki, I finally decided to complete my Pilates Instructor qualifications in 2021. It was the best thing I ever could have done for myself and I haven't looked back. Prior to teaching, I was working a full-time role in Human Resources for a global manufacturing organisation. I had absolutely no background in movement, exercise or fitness, but I did have a passion for Pilates bigger than anyone I know, and that's what has taken me from where I was to where I am now. I think my friends would describe me as loyal, trustworthy, supportive and often a bit of a perfectionist, which as we all know, can sometimes be to our detriment even as teachers!

**Q. How did you discover Pilates?**

**A.** A friend dragged me, fairly unwillingly, to my first class at her local KX studio. She told me that she knew I would love it, but I distinctly remember saying to her "I'm not going to like it, I don't like Pilates". I still recall not being able to walk across the road at the end of the class because my legs wouldn't stop shaking! I had never felt like I did when I finished that class, and it was the start of what has become an absolute dream, and I'm so grateful I went. I signed up the very next day to the KX Berwick studio, and the rest is history!

**Q. How do you keep learning? What inspires you in your work?**

**A.** I am constantly inspired and learning from other instructors. It doesn't matter how many classes you've done or taught, there is always something to learn from others. A little goal I've set myself this year is to do at least one class a fortnight outside of my usual network - it's a great way to pick up fresh ideas, cues, and tips, as well as meet new people in the industry!



**Q. The best advice you were ever given as a teacher...**

**A.** BE YOURSELF. As a new instructor, it can be incredibly intimidating to walk into a studio where other instructors have years of experience and a huge base of regular clients, and you might feel like you have to "be like them" to fill your classes. But teaching like someone else will never get you anywhere – make sure you find your own style, your own vibe, and your people will find you. You will never please every person, or be liked by every client, and that is absolutely o.k. - there is room for everyone!

**Q. Is there something you try and instil in each of your clients?**

**A.** The magic happens OUTSIDE your comfort zone.

**Q. The best Pilates course you ever did was...**

**A.** All the courses I have done have been great - but honestly, the biggest growth for me came from shadowing other trainers, asking the right questions, LISTENING to their real-life experiences and taking onboard feedback that they so generously shared with me.

**Q. What's your favourite piece of equipment to use with clients in studio and why?**

**A.** I teach reformer, so absolutely the reformer! There's no other piece of equipment like it, and even after 1000+ classes as a client, I've never once been bored or felt not challenged by it.

**Q. How do you stay motivated?**

**A.** This sounds extremely cliché, but my motivation is driven by my passion, and that's something I will never lose. KX Berwick completely and utterly changed my life as a client all those years ago, I am so grateful for every instructor I crossed paths with who made me a stronger, more confident and genuinely better person. I don't think I could ever repay them for the way my life improved. All I ever wanted when I finally became an instructor was to give back the experience that I had as a client - and if I could make even one person feel half the way I did, my heart would be full. Being able to give that experience to others is my biggest motivation.

I'm also proud to say that I won the KX Pilates Instructor of the Year in 2023.

Winning this award has just felt like the most incredible dream, I cried happy tears for many days, and still get emotional thinking about it! Anyone who knows me knows that I completely live and breathe Pilates (I even have a Pilates-themed number plate on my car), and to be loved right back by the studio that I love so much, was the highlight of not just this career - but any job I have ever had. There's a huge amount of exceptionally talented and deserving instructors in the KX network (many of whom I look up to and have been mentored by), so although I won the award and am forever grateful for it, it really is a reflection on those around me who have provided the opportunities for me to be my best self.



**Q. What makes you laugh the most?**

**A.** The creative names people have called me mid-way through a class!

**Q. What's your favourite way to spend a day off?**

**A.** Movement - whether it's Pilates, gym, or something else, a walk with my husband and doggy, good coffee, good food and a book!

**Q. How many pairs of grip socks do you own?**

**A.** Far too many to count. My leggings collection is even worse.

**Q. Does your family 'really know' what's involved in your job?**

**A.** Absolutely not. I think some of them still think it's like yoga!

Jade works for KX Pilates in Berwick, Victoria, Australia

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2024 - Canberra coming soon!

Find out more [basipilates.com.au/education/](https://basipilates.com.au/education/)

## BODY ORGANICS EDUCATION

Springing this joint - Brisbane - 24-25 May, Canberra 22-23 June, Melbourne TBC. Sydney - Aug/Sept.

Programming - Brisbane - 23-24 March and Sydney 18-19 May.

Towering - Brisbane - 17 May (2 hours) and online as part of the Movers and Shakers series with @movementalityeducation

A full event calendar can be found [here](#).

The Pilates Vibe are now running Body Organics Mat, Reformer and Comprehensive Courses in Melbourne.

Find out more [www.bodyorganicseducation.com](http://www.bodyorganicseducation.com) or contact [info@bodyorganicseducation.com](mailto:info@bodyorganicseducation.com)

## REACH MOVEMENT HEALTH

Further your education with one of Reach's online masterclass sessions.

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Find out more [reachmovementhealth.com/continuing-education-programs-2023/](https://reachmovementhealth.com/continuing-education-programs-2023/)

## PILATES ITC

(10838NAT) Diploma of Pilates Instruction, Matwork and Reformer + Small Apparatus Pathway, Reformer and Small Apparatus Pathway, Matwork and Small Apparatus Pathway, Studio Instruction Pathway, Anatomy + Physiology (Online only), (10839NAT) Advanced Diploma of the Pilates Method.

Upcoming Blended Entry Points:

WA and NSW: Enrol now for Matwork starting in February.  
BALLINA (NEW): Enrol now for Matwork starting in March.  
WA and TAS and SA: Enrol now for Reformer in April.  
NSW: Enrol for Reformer in July.  
QLD: Enrol for Matwork in June.  
TAS: Enrol for Matwork in September.  
All States: Advanced Diploma – enrol and start any time.

Continuing Education: Scolio-Pilates® Modules 1 & 2 of the Scolio-Pilates Professional Certification Program in Perth, Brisbane and Sydney in 2024.

Give the Pilates ITC Careers Team a call on (08) 9330 4570 to secure your place - [pilatesitc.edu.au/](https://pilatesitc.edu.au/)



## POLESTAR PILATES

Upcoming Continuing Education Courses include:

Polestar Pilates Australia (RTO 91620) offers the government accredited (10828NAT) Diploma of Polestar Pilates Comprehensive Instruction Method.

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Comprehensive Studio/Rehab Series: Sydney, Melbourne, Adelaide, Perth, Lismore/ByronBay, Canberra, Hobart/Launceston, Noosa, Darwin.  
Ultimate Reformer: Sydney, Melbourne, Adelaide, Perth, Noosa, Lismore  
Anatomy: Online (anytime)

For a complete list of courses see the Polestar website: <https://www.polestarpilates.edu.au/courses-ps/>

Upcoming Continuing Education Courses include

Online Masterclass series - available anytime  
Womens Health 2 days – NSW Sydney 29-30 June, SA Adelaide 27-28 July  
Wundarful Chair WS Part 1 – NSW Sydney 01 June  
Wundarful Chair WS Part 2 – NSW Sydney 06 July  
Reformer Masterclass – NT Darwin 02 May  
Mat Masterclass – NT Darwin 20 June

For a complete list of courses see the Polestar website: [polestarpilates.edu.au/pilates-continuing-education/](https://www.polestarpilates.edu.au/pilates-continuing-education/)

# Upcoming courses

## NATIONAL PILATES TRAINING

National Pilates Training (21719) offers the following government-accredited skill sets and qualifications

Groupfit professional pilates Instruction  
Professional pilates matwork Instruction  
Professional pilates reformer instruction  
Diploma of professional pilates instruction (10838NAT)  
Advanced Diploma of the pilates method (10839NAT)

Our government-accredited courses are available in person - Melbourne, Sydney, Brisbane, Canberra, Hervey Bay, Morisset- NSW, Ballarat- Victoria, online only – global.

2024 intakes include:

- Melbourne, 24 Feb
- Canberra, 1 Mar
- NSW - Hunters Hill, 9 Mar
- VIC - Greensborough, 5 Apr and more dates on the website.

National Pilates Training has courses starting each month, in person, in a location near you and all courses are available online wherever you are. Find out more [www.nationalpilates.com.au/](http://www.nationalpilates.com.au/)

## STOTT PILATES

STOTT PILATES® Intensive Matwork and Intensive Reformer Courses to be held in 2024 at Innaessence studio in Queensland, Australia.

Intensive Matwork Course – 30 Jan - 7 Feb 2024.

Intensive Reformer Course – 8-18 Feb 2024.

Contact Innaessence [here](#).

## STUDIO PILATES

Studio Pilates offers a number of different courses including:

Matwork Course, Reformer Course, Matwork Programming and Progressions, Platinum Instructing Course, Anatomy Course, Wunda Chair Course, Ball, Circle and Band Course and more.

Those in the USA and UK can join one of their online courses via zoom.

For a complete list of dates in other states see the Studio Pilates website [studiopilates.com/education/book-a-course/](http://studiopilates.com/education/book-a-course/)

## TENSEGRITY TRAINING

Cert IV in Contemporary Pilates and Teaching Methodology  
Cert IV of Contemporary Pilates and Teaching Methodology (52855WA) with Reformer (Cert IV and Reformer)  
Integrated Diploma of Contemporary Pilates and Teaching Methodology  
Pilates Group Reformer Instructor Training (PGR)

Tensegrity offers training in NSW, QLD, VIC, SA and TAS.

For a full list of dates in all states visit [tensegritytraining.com.au/accredited-training/](http://tensegritytraining.com.au/accredited-training/)



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