



# Pilates Principles

## What is the class for?

This introduces the Key Elements of Pilates to prepare you for the Beginners and Intermediate Pilates classes. It is advisable to watch and participate in this video before completing the classes, to ensure good technique.

Only complete these exercises if you have been instructed to do so by your Physiotherapist or GP.

Some discomfort is normal with these exercises but try to avoid pushing into pain.

If you have persistent increased pain, please stop all exercises and contact your medical practitioner.

## What do I need?

A mat and head cushion or rolled up towel are desirable but not essential.



URL:<https://youtu.be/PqtBY9oW1a4>

*Kind and caring* } *Respectful* } *Trust and integrity* } *Personal responsibility* }

