

Nature's Wisdom Magazine

natural health, spirituality, & environmental awareness

Introduction to Pilates



As so many Nature's Wisdom readers already know, one of the most important aspects of living well and adopting elements of a holistic lifestyle is learning the importance of the mind, body, and spirit connection. If you are like me, the first time you heard those words together, you may not have understood exactly how the terms were related. That's why I'm so excited about this column. In it, I'll be sharing what I've learned by practicing Pilates and I'll be inviting you to follow along, experiencing

and reaping the benefits of Pilates, too.

How did I discover Pilates? My girlfriend Jennifer and I found ourselves looking over dozens of fitness DVDs, in search of a relatively simple workout. We selected a Pilates video. We did not expect the impact that Pilates would have upon both of us, how demanding and rewarding it can be, and the incredible effects it has upon the mind, body and spirit.

Developed in the early 1920s by Joseph Pilates in his homeland of Germany, the founder sought to overcome physical disabilities through exercise based on utilizing one's own body resistance. I have experienced the results first-hand and am fortunate enough to be able to share my experience with you. As such, I leave you with a simple technique to get you started and I look forward to meeting with you again in my next column for Nature's Wisdom Magazine. - Anthony J. Loria

TRY THIS!

Begin by sitting on your knees.

Place your hands on your lower belly and slowly inhale through your nose and exhale through your mouth. Be sure to send the breath downward so that your belly expands as you inhale.

Hold the breath in for a few moments and exhale, letting all of the air out as your belly returns to normal.

Be conscious of how you are breathing as it is perhaps the most important part of doing Pilates!

SUGGESTED LEARNING:

To begin your exploration of Pilates, I recommend the spiral-bound Total Pilates book by Malcolm Muirhead and the teachings of Jennifer Kries at www.jenniferkries.com.



Anthony J. Loria has a background in Broadcast Communications and is developing a passion for natural health. He dedicates much of his time to various Nature's Wisdom Magazine operations including web site and graphic design. Anthony is a native to the Rochester, New York area, but currently resides in Phoenix, Arizona.