

FUNDAMENTAL PILATES EXERCISES TO PRACTICE

LATERAL BREATHING

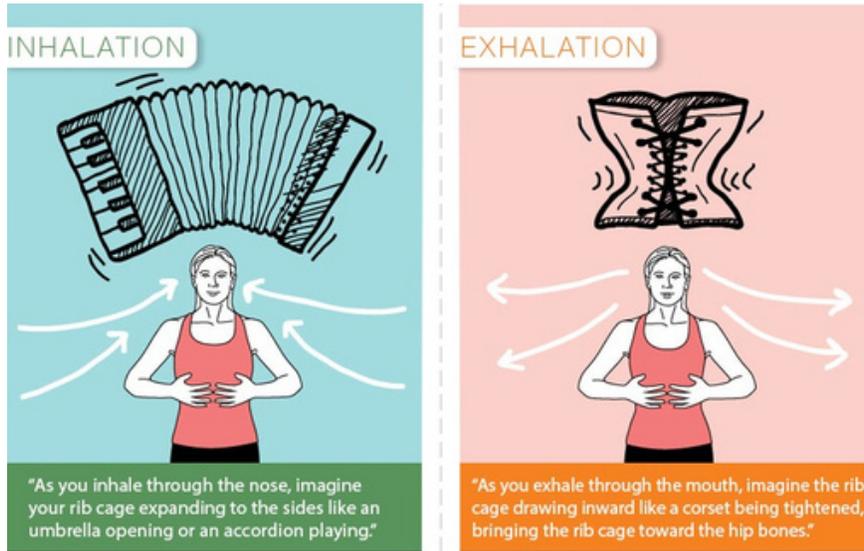
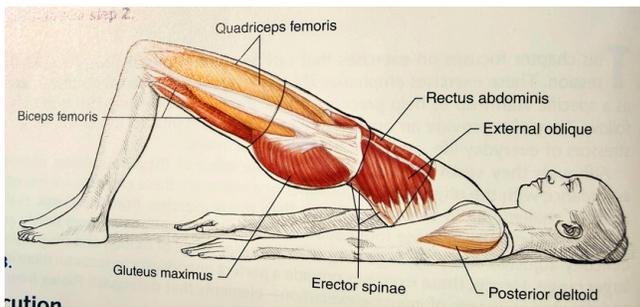


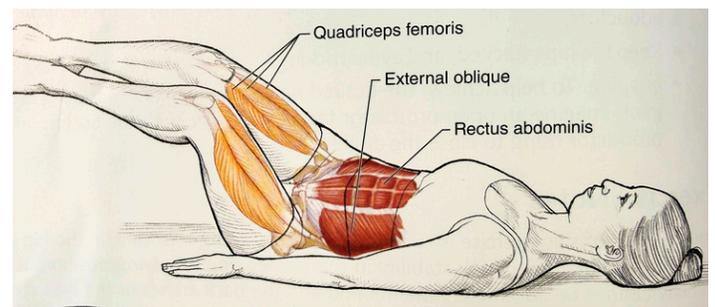
Image: Pats Pilates

PELVIC TILT & PELVIC CURL

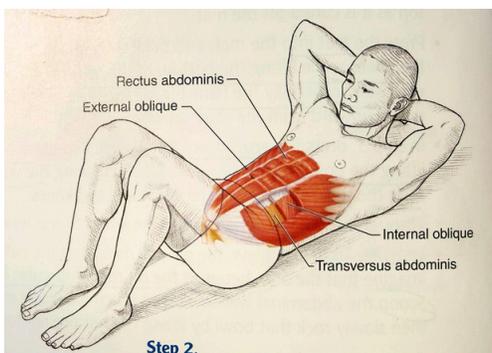


Remaining Images: "Pilates Anatomy" by Rael Isacowitz & Karen Clippinger

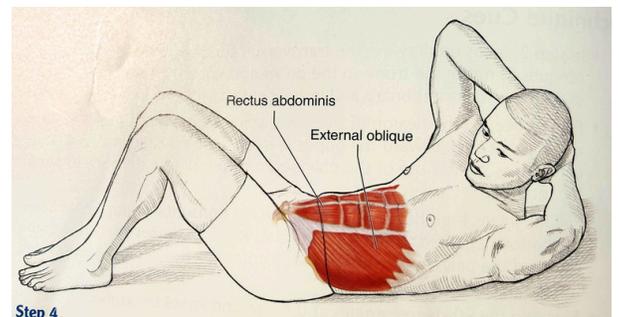
SPINE TWIST SUPINE



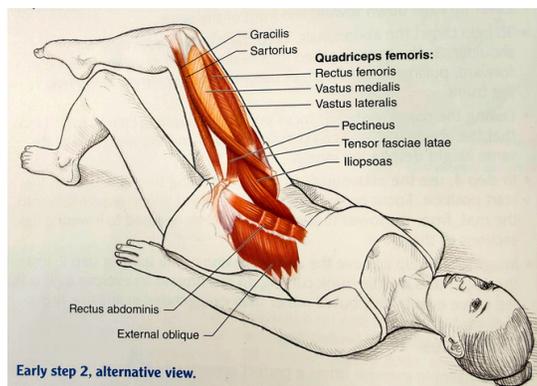
CHEST LIFT



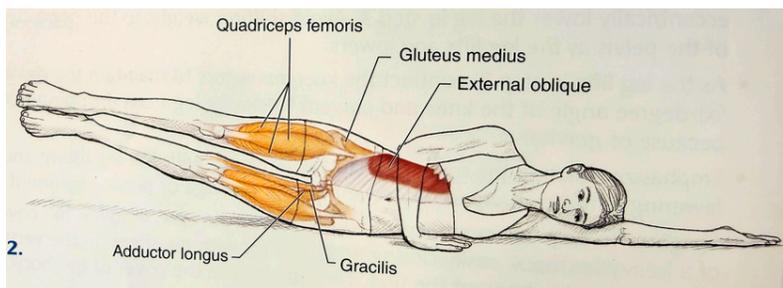
CHEST LIFT W/ROTATION



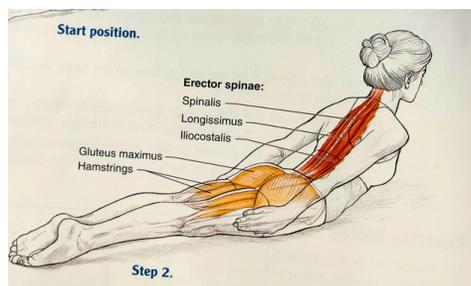
LEG LIFTS



SIDE LIFTS



BACK EXTENSION PRONE



Pilates is for everyBODY- no matter the age, shape, weight, gender, race or social class. Pilates helps us function better, correct postural imbalances and connect the mind & body.

To learn more & practice these exercises with guidance, please join us for our "Peace & Pilates for EveryBODY" workshop April 16-May 21, 2026 Thursdays 9:00 AM CST.

In these 6 sessions, learn foundational Pilates & practice the exercises, while gaining insight into the benefits of Pilates and how to apply it to everyday life. We will close each session with 10 minutes of slowing down & softening with soul cleansing breathing, meditation or other modality.

See QR code.

