

## What are the benefits?

- improved posture
- flatter tummy
- improved circulation
- increased strength and flexibility
- better balance and coordination
- mind/body awareness
- stress relief
- emotional balance
- exercise that's fun and challenging

Recent studies indicate that exercise plays a significant role in reducing the risk of heart disease, stroke, colon cancer, osteoporosis and depression.



## Who can study Pilates?

Whether you're a young person, a senior citizen or somewhere in the middle; regardless of your current level of fitness, **Authentic Pilates™** can be your principal mode of body conditioning and injury prevention. If you are recovering from an injury or have other health problems, it's wise to consult your physician before you start. Having previously studied **Authentic Pilates™**, pregnant women can employ the method to maintain proper breathing and body alignment, to improve their concentration, and to recover body shape and tone after pregnancy.

Photos: [www.ninatuller.net](http://www.ninatuller.net)

Portland  
Pilates

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# Portland Pilates



The Center for Authentic Pilates

"My method develops the body uniformly, corrects wrong postures, restores physical vitality, invigorates the mind and elevates the spirit."

Joseph H. Pilates

## What is Authentic Pilates™?

The **Authentic Pilates™ Method** (*Pi-lah-tees*) was originated by Joseph H. Pilates more than 75 years ago. Over his lifetime Pilates created over 500 exercises to bring the mind and the body together in flowing movements.

The **Authentic Pilates™ Method** focuses on strengthening the center of the body, called "the powerhouse"; (abdomen, lower back and buttocks). These muscles support the spine and internal organs, and control posture. All Pilates Method exercises center on the Powerhouse- to stabilize the torso and allow you to stretch out of your center. The mental image and physical act of pulling your belly button into your spine engages the Pilates Powerhouse.

"...flowing motion outward from a strong center..."

**Romana Kryzanowska** (living disciple of Joseph Pilates), speaking of The Pilates Method.



The **Authentic Pilates™ Method** combines the best of Eastern and Western traditions. From the East we see exercise as a path to calmness, centering and wholeness, with an emphasis on breathing, stretching and flexibility. From the Western tradition we obtain a focus on motion, muscle tone and strength.

## Why come to Portland Pilates?

Portland Pilates is the area's center for **Authentic Pilates**. Our instructors have studied and been certified at the Pilates Studio of New York, each having completed over 600 hours of training under the tutelage of Master Instructor Romana Kryzanowska, who trained under Joseph Pilates for over 30 years.

We remain in regular contact with the center, studying with Master Instructors and continuing our educational process. **We teach pure and Authentic Pilates.**

Our 1500-square-foot studio is a large, airy sunlit loft space. We are equipped with a full array of top-quality **Authentic Pilates™ Method** apparatus. We are located conveniently to I-295, (Forest Avenue North exit), and there is plenty of free parking.



Call 207-772-8950 for rates, information, appointments & the current mat class schedule, or visit [www.pilatesportland.com](http://www.pilatesportland.com)

## How do I start?

There are several approaches to the **Authentic Pilates™ Method**. Here are details on each:

### Private instruction:

If you want to fully explore the **Authentic Pilates™ Method**, this is where you will want to start. Instruction covers both the mat and the specialized Pilates apparatus. A private workout is comprehensive, and tailored to your individual needs. We recommend private instruction to clients who are healing from injuries or have other special considerations.



**Semiprivate instruction:** Once you have progressed to a proficient intermediate level (private instruction is a prerequisite for semiprivate work), you'll be ready to team up with one or two others for semiprivate workouts, centered on the reformer. It's challenging and fun to share a session with a partner!

**Group mat classes:** The mat workout (a full body workout which is easy to do at home as well as in-class), is the foundation of the **Authentic Pilates™ Method**. Our classes are small, for personalized attention to detail and form. Call the studio or visit [www.pilatesportland.com](http://www.pilatesportland.com) for our current mat class schedule. Private mat classes for you and a few friends or family members can be set up on request.



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