Body Control Pilates



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Body Control Pilates is renowned as a world-leading education provider for Pilates teaching, offering a comprehensive programme of exercises for both mat and machine work. All exercises are adapted from the ‘classical’ repertoire developed by Joseph Pilates, enabling the average person to work safely and effectively to gain the full benefits of Pilates, whilst providing the best possible foundation upon which to progress towards more advanced work. This is the essence of the Body Control Pilates Method.Body Control Pilates is remarkably effective and medically approved. By working on the deep architectural structure of the body, 'core stability' is achieved, and then maintained, through increasingly complex movement sequences. Specific problem-areas can be targeted by an exercise, but always in relation to the rest of one's body.Your body awareness is heightened by bringing together mind and body - Body Control Pilates literally teaches you to be in control of your body, allowing you to handle stress more effectively and achieve relaxation more easily.The Body Control Pilates Method can work for everyone, regardless of fitness level!

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