

PILATES is . . .

- Floor exercise that restores the natural strength of the body.
- Done by people of all ages and abilities. Exercises can be modified to adapt to individual differences.
- A sequence of exercises that develop flexibility, strength and control. It is flexibility with long, lean muscles, strength of the legs, abdominal muscles, arms, hips and back and control with improved coordination and balance.
- Work within the natural limits of the body without forcing or stressing joints and muscles.
- Breathing to relieve stress and allow adequate oxygen to flow to the muscles.
- Calm, deliberate, specific movement with emphasis on spinal and pelvic alignment.
- The development of strong core/center muscles.
- Improving posture and grace.
- Improving athletic performance by teaching efficient movement habits.
- Not under or over training. It does not leave you exhausted or depleted. Instead you are refreshed and renewed.
- Used for conditioning, rehabilitation and performance by people in all walks of life.
- Habit forming. It feels good to feel good.

Taught by Michelle Millman, M.F.A.in Dance has taught people of all ages and abilities for forty years. She trained and taught the Classic Method of Pilates for Carola Trier, Romana Krazanovska and Clara Pilates in New York City while working in Dance. She currently teaches in her home studio in Farmington Hills. Mat classes are held in Ann Arbor and Farmington.

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Classes are Tuesdays 9:30-10:30AM 5 classes - \$60

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