

February 5th, 2007

For: Northern Colorado Woman Newspaper

Written by: Dave Sheldon for K&K Body Dynamics

The Pilates Studio.

STUDIO (stu·di·o) an establishment where an art is taught or studied, [Italian, from Latin studium, *eagerness, application*; see *study*.]

PILATES (Pi·la·tes) a holistic system of conditioning exercises, often performed on specialized apparatus, renowned for building core strength, improving posture, and strengthening the mind / body connection.

The environment in which an art or thoughtful practice is taught and executed vastly changes the experience and depth of learning. Pilates falls soundly into this category, as its effectiveness is greatly enhanced when performed within the walls of a true Pilates studio.

This may sound like an interesting concept, especially with the current trend for health clubs and recreation centers to offer large scale Pilates classes. Or, when considering the endless self guided CD's, books, and videos that promise to teach Pilates in "a few easy steps".

One of the biggest differences between a Pilates studio, the mainstream club environment, or your TV room, is the quiet and supportive atmosphere a studio provides. Studios are designed with comfortable lighting, soft interior colors, wall length mirrors, and forgiving wood floors and carpets. Plants and cozy seating in a waiting or lounge area are the norm. Appropriate music may also be played if the teacher finds it appropriate.

This setting allows someone to enter the studio and immerse her or himself in the Pilates experience, and it is this focus that enables the work to have a maximal effect. After all, there will be no clanking weights in the background or other gym members walking by and peering through a glass door or window in a distracting manner.

Safety is another crucial factor when comparing the benefits of Pilates studios vs. big-box centers, as the small private or semi-private

classes typical of studios mean all clients receive personal attention. And, personal attention equals injury prevention, because no one is forgotten in the corner attempting to learn a tricky move on his or her own.

This one on one instruction also allows the client to fully engage and appreciate Pilates's subtle movements, which translates into a deeper and more transformative experience. In financial terms, that's more bang for the buck, with no risk of injury!

The relationship of client and studio includes friendships made with the instructors. You will always know who you will be working with, and thanks to this rapport, the instructors will have the opportunity to create a workout plan best matched to your personal goals.

This knowledge also gives instructors the chance to encourage clients to work past their challenges during a session, and lets both client and teacher take joy in the success.

So, if you have always wanted to give Pilates a try, visit a studio to let a knowledgeable instructor introduce you to the transformative Pilates path.

The Windsor based Pilates studio, K&K Body Dynamics, is happy to guide visitors on tours of its studio, and also offers complementary demonstrations to those interested in experiencing Pilates first hand. Owned and operated by Kevin McCabe and Kimberlie Buchheister, K&K offers Pilates classes, both Reformer and mat, for all experience levels. Please stop by for a class schedule or call to set up a tour or demonstration (970-674-0557). www.kkbodydynamics.com.

Dave Sheldon is a Certified Rolwing® Practitioner and freelance writer who works closely with K&K Body Dynamics. For any questions about Rolwing, visit www.davesheldon.com.