

## Pilates Method Alliance

Countless silver screen celebrities, professional dancers and world-class athletes can't be wrong. But is Pilates REALLY the wonder workout it claims to be? If you're not sure, seek the advice of ordinary citizens who have formed the Pilates Method Alliance.

People of all ages, in fitness centers and gymnasiums around the world, hail the Pilates Method as one of the most effective physical fitness systems ever developed. Due to the timeless phenomenon and the sheer volumes of people taking course, studying the methods and teaching the classes, the Pilates Method Alliance was born.

The Pilates Method Alliance (PMA) is a non-profit, professional association that was developed to celebrate and share the teachings of Joseph and Clara. Pilates and his wife, Clara. This international organization has a mission to protect the public by establishing certification for, and continuing the education of, set standards for Pilates professionals. PMA Goals The Pilates Method Alliance strives to meet a number of goals for the success of the association. First and foremost, the group has established and maintains a national certification exam. Anyone wishing to become a certified Pilates instructor is expected to take this exam. It has been designed to measure the skill and knowledge of those receiving a high level of comprehensive Pilates teacher training.

The Pilates Method Alliance encourages ongoing professional growth through continuing education. It seeks to define the parameters of the Pilates teaching and expertise and to maintain standards in regards to the varying approaches to Pilates. Another goal of the Pilates Method Alliance is to promote the benefits of the Pilates Method the general public, and serve as an information resource for all Pilates constituents.

Each of these goals is carefully maintained by the Pilates Method Alliance. In doing so, they will better meet the needs of the community they serve.

### PMA Instructor Training Philosophy

The Pilates Method Alliance upholds the basic principles of the Pilates Method. These principles are the basis of the Method itself, and include the concepts of precision, awareness, concentration, balance, breath, centering, control and flowing movement. When each of these principles is upheld, those practicing Pilates will be able to uniformly develop their minds and bodies.

If you are searching for a certified Pilates instructor, the Pilates Method Alliance has a list of recommended facilities and individuals. The PMA also provides a comprehensive assessment for those who choose to take part in the recommended Pilates exercise program. This assessment will involve client history, injuries and goals. They will ask about measurable and clear assessments of muscular strengths, weaknesses and imbalances, as well as other physical characteristics such as bony landmark issues of significance and overall levels of flexibility and cardiovascular conditioning.

The Pilates Method Alliance further recommends that participants receive a complete introductory lesson or orientation before taking part in Pilates group equipment classes. The group believes that this orientation will clearly educate participants as to the purpose of the Pilates equipment, instruct them on how to properly adjust every piece of apparatus, and realize the potential for injury.

Finally, the Pilates Method Alliance strongly recommends that all studios and facilities, including health clubs, have at least one comprehensively trained instructor on staff at all times. A qualified Pilates instructor will be able to assist the facility in supervising a number of guidelines for Pilates programming safety, as well as providing the ongoing education of instructors in training.

When you want information, it makes sense to go straight to the source. For answers to your questions about Pilates, the Pilates Method Alliance is a veritable encyclopedia of concise information. You can find them online at [pilatesmethodalliance.org](http://pilatesmethodalliance.org).