

THE DANCER

WHAT HAPPENS WHEN YOU CROSS-TRAIN WITH PILATES



Pilates & Dance

Researchers and educators alike acknowledge that Pilates is an integral part of a dancer's supplementary training. A dancer's class alone is not enough to reduce risk of injury or ensure optimal performance.

Dance is full of complex movement. Dancers require creativity and grace coupled with strength and control. Pilates is an essential ingredient to a dancer's success and longevity. The importance of deep core support, pelvic alignment, and full range of motion for fluid and controlled movements is taught.

By building awareness about how movement works, dancers can bring a new level of sophistication to their dance. They become more mindful of how to move from deep within the body.

Benefits of Pilates for Dancers:

- Increased flexibility
- Increased muscular strength
- Improved alignment
- Stronger core
- Less injuries
- A deeper understanding of the mind/body connection