



## **1 Principles of “Aqua Adapted Pilates”**

“Aqua Adapted Pilates” is a gentle non-aerobic form of exercise that is ideal for persons with or without disabilities. It involves quiet exercises that are soothing to the mind and gentle on the joints that concentrate on centering, control, precision, fluidity, breathing and concentration, combined into a mind-body program to strengthen the core while increasing flexibility, and sharpening stability, coordination and posture. The exercises use the water’s buoyancy and resistance to; strengthen muscles, enhance flexibility and posture, and enhance coordination and balance. “Aqua Adapted Pilates” draws from many diverse exercise styles such as ballet, chi and yoga. “Aqua Adapted Pilates” movements may be; suspended (vertical, horizontal or on an angle) or grounded (on one or two legs – standing or kneeling) and/or utilize resistance or floatation equipment.

### **1.1 Mind over matter**

The central element of “Aqua Adapted Pilates” is to create a fusion of mind and body, so that without thinking you will move with economy, grace, and balance; using your body to the greatest advantage, making the most of its strengths, counteracting its weaknesses, and correcting its imbalances. The goal is to produce an attention-free union of mind and body. The movements require you to constantly pay attention to your body. Paying attention is so vital that it is more important than any other single aspect of the movements.

### **1.2 Breathing**

“Aqua Adapted Pilates” enhances the circulation of the blood so that it can awaken all the cells in the body and carry away the wastes related to fatigue. For the blood to do its work properly, it has to be charged with oxygen and purged of waste gases through proper breathing. Full and thorough inhalation and exhalation are part of every “Aqua Adapted Pilates” exercise. Breathing should be done with concentration, control, and precision. It should be properly coordinated with movement. Learn to breathe correctly. Exhale on the exertion and always breathe from the diaphragm with a consistent rhythm.

### **1.3 Centering**

“Aqua Adapted Pilates” calls the very large group of muscles in our center (core) – encompassing our abdomen, lower back, hips, and buttocks – the “powerhouse.” All energy for “Aqua Adapted Pilates” exercises begins from the powerhouse and flows outward to the extremities. Physical energy is exerted from the center to coordinate one's movements. It is important to build a strong powerhouse (core) in order to rely on it in daily living.

### **1.4 Concentration**

“Aqua Adapted Pilates” exercises require intense focus. For instance, the inner thighs and pelvic floor may be accessed when doing a standing exercise that tones the triceps.

### **1.5 Control**

“Aqua Adapted Pilates” exercises require muscle control. This means no sloppy, uncontrolled movements. Every “Aqua Adapted Pilates” exercise must be performed with the utmost control, including all body parts, to avoid injury and produce positive

## **Aqua Adapted Pilates**



results. It's not about intensity or multiple repetitions of a movement. It's more about proper form for safe and effective results.

### **1.6 Fluidity**

"Aqua Adapted Pilates" exercises are supposed to be performed fluidly. There are no isolated movements. Concentration and body awareness replaces the quick, jerky movements of other exercise regimes. Grace of motion is emphasized over speed; ultimately the movements are meant to feel as fluid as a long stride or a waltz. Uniformly developed muscles are then developed to compliment good posture, suppleness, and natural grace.

### **1.7 Precision**

Every movement in "Aqua Adapted Pilates" has a purpose. Every instruction is vitally important to the success of the whole. To leave out any detail is to forsake the intrinsic value of the exercise. The focus is on doing one precise and perfect movement, rather than many half-hearted ones. Eventually this precision becomes second nature, and carries over into everyday life as grace and economy of movement.

## **2 Benefits of "Aqua Adapted Pilates"**

- Safe and effective exercises
- Improved postural alignment
- Improves performance in sports
- Increased flexibility with stability
- Increased cervical and thoracic stability
- Increased motivation and self-confidence
- Increased abdominal activation and lower back strength
- Increased pelvic stability and muscle balance in larger muscle groups

## **3 "Aqua Adapted Pilates" and Your Body**

### **3.1 Improved posture**

Your spine supports the weight of your body and allows your body to move with ease and comfort. That's the theory anyway. But in practice, hours spent sitting in front of a computer screen or slumped in front of a TV means that the spine's natural S shape is lost, resulting in back pain and rounded shoulders. "Aqua Adapted Pilates" helps to re-align the spine and with that comes better posture.

### **3.2 Relief from back pain**

As mentioned above, a great deal of lower back pain comes from poor posture and our daily mistreatment of our spines. By re-aligning your spine and improving your posture, lower back pain can often be eliminated entirely.

### **3.3 A good night's sleep**

Ask anyone to name three things essential for life and you will be told, water, air and food. Few people will mention sleep and yet it too is essential to life. "Aqua Adapted



Pilates” can help stretch muscles, releasing tension and pain, and it can also help trigger natural sleep responses.

### ***3.4 Increase your strength and stamina without adding muscle bulk***

“Aqua Adapted Pilates” helps increase both your strength and stamina without adding unwanted bulk because it focuses on developing your "core" muscles - muscles found in your abdominal and pelvic regions as well as in your back. By toning and stretching these muscles, and by correcting your posture, your natural strength and stamina will improve in leaps and bounds.

### ***3.5 A great way to relax and beat stress***

“Aqua Adapted Pilates” is a gentle form of exercise that literally re-introduces you to your own body. And the better you understand your body and how it works, the easier it will be for you to release tension, relax and beats the stresses and strains of modern life.

### ***3.6 Improve your balance and co-ordination***

“Aqua Adapted Pilates” helps improve your balance and co-ordination by realigning your spine and strengthening your "core" muscles. And better balance and co-ordination means fewer injuries - hence “Aqua Adapted Pilates” growing popularity.

### ***3.7 Helps aid recovery after injury - and prevent injury recurring***

Because of its low impact nature, “Aqua Adapted Pilates” is widely recognized as being beneficial to people who are recovering from certain types of injury including whiplash and a wide range of sporting injuries. Indeed, many of the injuries that sports people are afflicted with can be avoided - and “Aqua Adapted Pilates” can play a big part in ensuring correct body movement and core body strength leads to fewer such injuries.

### ***3.8 No pain plenty gain!***

In most gyms you will hear the mantra "no pain, no gain", but you won't hear it repeated in a “Aqua Adapted Pilates” class. “Aqua Adapted Pilates” is a gentle non-aerobic form of exercise that will tone and strengthen your muscles and transform poor posture without stressing the joints or the heart.