

The Evolution of Teaching Four Levels of Technique

One-Dimension “Compression”

Influence

Romana 1970

Concept

Powerhouse
Posterior Pelvic Tilt
Hard Turnout

Program

Set Exercise Sequence
Few Extension Exercises

Cues

Tighten Your Stomach
Squeeze Your Butt
Flatten Back to Mat
Wrap Back

Apparatus

4 Equal Springs
Heavier Resistance
No Adjustability of Footbar

Workout Feel

External
Fast
Hard
Tight
Tough

Two-Dimensions “Contraction”

Influence

Eve Gentry 1991

Concept

Neutral Pelvis
Neutral Spine
Scapular Stabilization

Program

Client Evaluation
Individualized Program
Modification Principals

Cues

Navel to Spine
Chin to Chest Shoulder
Blades Down

Apparatus

5 Springs
Strap Risers
Footbar Adjustability

Workout Feel

Intense
Controlled
Integrated
Mindful
Effortful

Three-Dimensions “Connection”

Influence

Marika Molnar, PT 2002

Concept

Pelvic Floor Initiation
Front, Back & SideBody
Internal Spirals

Program

More Standing Exercises
More Extension Exercises
Therapeutic Protocols

Cues

Soften the Breastbone
Rock off Sitz Bones
Grow Taller
Scapulae Wide on Ribs
Ribs Float Over Pelvis
Connect the Hip Bones

Apparatus

Pilates Chair
Increased Range
Adjustability

Workout Feel

Internal Connections
Smoothness
Ease of Movement
Organic/Natural
Complex
Oppositional Movements

Four-Dimensions “Consciousness”

Influence

Joan Breibart 2010

Concept

Forward Head
Focused Breathing
Top of Body

Program

More Resistance
More Rotation
More Consciousness
Fewer Flexion Exercises

Cues

Lift the Breastbone
Float the Head
Free the Neck
Activate the Fingers
Feel the Foot

Apparatus

Tye4
Head Floater
Total Adjustability

Workout Feel

Fun
Varied
Thorough
Attractive
Affordable
Functional