

feature

posture perfect



Liz Hurley does it, Madonna dabbles in it but most of us don't really understand it.

Jamie Heseltine tries Pilates and discovers muscles she never knew she had

Quite often the two practices of yoga and Pilates are classified under the same genre of fitness programmes. As a yoga teacher I have taught and participated in hundreds of hours of yoga, but when a friend asked me to teach him some Pilates, as he had dislocated his shoulder, I realised that I didn't know anything about it. I figured it was about time I found out.

Pilates is named after the late Joseph Pilates, who was born in Germany in 1880. As a young child, Joseph was plagued with ill health, including everything from asthma to rickets. In a quest to find superior health he began practising yoga and martial arts, as well as other activities like ski-ing, gymnastics and even acrobatics. These practices transformed his physique that at the age of 14 he was asked to pose for