



Stay Resilient with Pilates and Meditation

Resilience is our ability to bounce back from the stresses of life. It's not about avoiding the stress, but learning to thrive within the stress. Every single day, we make decisions that bolster or hinder our resilience. An excellent tool for keeping you resilient and in tip top shape is to practice mind-body exercises like Yoga, Pilates, Tai chi, Qigong and active meditation.

Test your resilience by tuning into your body using the power of your mind and spirit. Mind-body awareness can be a source of power and assurance in moments of self-doubt and difficulties.





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Pilates

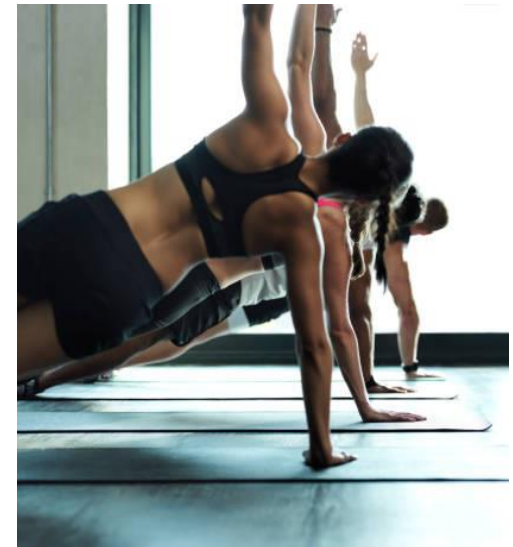
Pilates is a form of exercise that conditions and tones muscles all over the body; particularly our core, which includes our gluteal and deep postural muscles. Pilates help develop strength, flexibility, control of movement and body awareness in a safe and efficient way. Pilates builds resilience and leaves us feeling supported in everyday tasks, allowing movement to be carried out with less effort - creating energy in all other aspects of our lives.

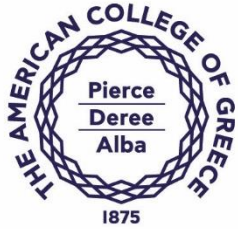
Principles of Pilates

Compare the listed principles of Pilates below and reflect and see how they can contribute in improving your resilience

- Concentration
- Control
- Centering
- Flow of motion
- Precision
- Breathing
- Focus

Being a mindful exercise, Pilates will make you more confident, competent, able to cope, face challenges, control, focus, connect, flow and let go, when needed.
If that is not resilience then what is?

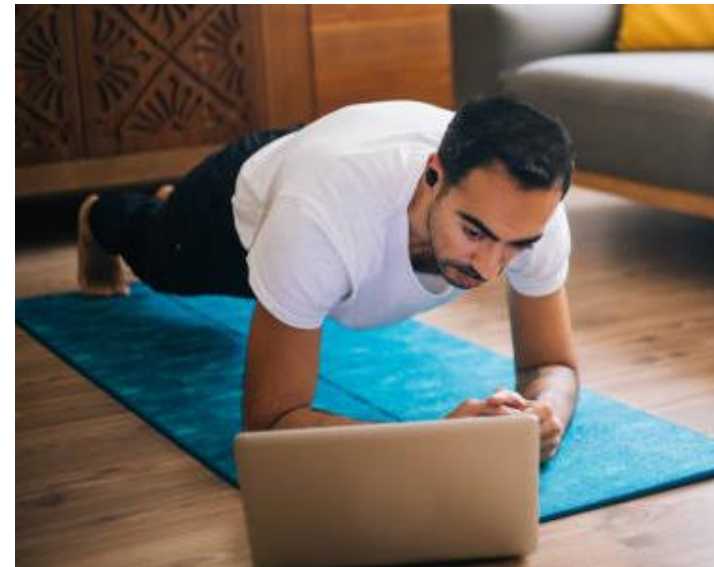


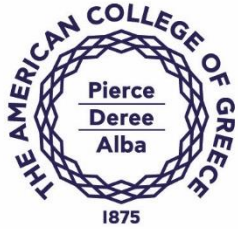


How the benefits of a Pilates session contribute to Resilience:

1. Improve your breathing and help you handling stress
2. Strengthen your core which naturally results in stronger body, better posture, reduced backache
3. Improve body balance and feelings of grounding and stability
3. Improve the flexibility of the body resulting in general flexibility in your outlook on life.
4. Increase blood circulation resulting in healthier brain cells and improved cardiovascular capacity which results in boosting memory, concentration, improving mood, sleep, and by reducing stress and anxiety
6. Improve metabolism which results in a healthier body
7. Increase self-esteem, some postures help increase sense of being energetic, empowered and in control

People who think
a minute goes by
really fast, clearly
have never tried
planking





Meditation

- Meditation is a super power that helps you start your day empowered. It interrupts the thoughts that pull you down and instead lift you up making you feel capable and resilient.
- This is done through shifting from thinking about yourself as a limited human to thinking of yourself as an endless source of love and joy, connected to the whole universe.
- Through meditation your mind set and inner emotions come out with ideas, strategies, solutions that will empower you to take steps and help you discover layers, dimensions and facets of who you are and what you are capable.
- Meditation can make you feel confident, empowered, in control and resilient.
- **Meditation will help you thrive instead of survive.**

No one and nothing can pull you down if you raise your awareness of your inner strength and beauty

Words for the wise

Making time in your day to move your body will help you physically mentally and spiritually. Besides the health benefits it can increase your focus, your ability to coordinate your goals which inevitably makes you resilient.



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