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What is the difference between Pilates & Yoga?

With the heightened awareness of total health and wellness as well as the increased focus on core stabilization and control, many people find themselves asking, “Should I do Pilates or Yoga?” The best way to answer this is to have a better understanding of the disciplines as well as your expectations and goals.

Pilates (designed by Joseph Pilates) is a method of exercise using a series of rhythmic calisthenics designed to get you more in CONTROL of your body! Pilates will lengthen, invigorate and energize your body. The exercises are almost all done lying on a mat (barefoot or socks-no shoes) with emphasis on body alignment & symmetry as well as abdominal control...in fact lots of abdominal control! Joe Pilates called the abdominal area the POWERHOUSE and felt that the POWERHOUSE should be in control of all body movements. If your abs are not “on” your back will get overworked. Pilates targets ALL muscles in your body, especially those neglected by traditional training. By “caffeinating” or stimulating muscles that have not been perked up, you will raise your metabolic rate AND change your appearance. Pilates emphasizes breathing...Joe believed we needed to give our bodies an “oil change” of fresh, new air and so exhalation is critical, breath holding is out. Many Pilates’ exercises are based on yoga movements. Pilates will fill you with a sense of harmony with yourself...your body will soon learn to work like an orchestra versus instruments that have not practiced together. Pilates is great for everyone; very few people have conditions that keep them from participating. It is FANTASTIC FOR ATHLETES...unite your body with the swing of a racquet, improve agility, and prevent injury and soreness..

Yoga is a 6000-year-old method for improving your life inside and out. Yoga means union...union of body, mind, spirit and breath. There are many styles of yoga...we tell people all the time if you have tried just one yoga class and it was not for you, you may have been in the wrong one, there are MANY styles of yoga. We offer a Dynamic Flow, Gentle, Anusara, Therapeutic, Kids, Prenatal and a more traditional Hatha Yoga Class.

Pilates and yoga have different learning curves. We recommend new Pilates students take the Pilates Primer (our intro class. scheduled monthly based on needs) or sign up for private instruction. New yoga students can take Yoga 101, attend an on-going class (gentle or traditional Hatha vs. dynamic flow if you are concerned about physical ability) and/or sign up for a private to learn the basics. Because we are a small studio, we can creatively work with you to design the most beneficial plan to get started!

You really can't go wrong picking one over the other...we have many participants who do both, some did Pilates first, others yoga. Participants leave our classes with quieter minds and more peaceful bodies. The classes are workouts...don't be misled! Your upper body and legs may remind you of the experience the next day. We strongly encourage everyone to work at his/her own pace and offer modifications and options in all of our classes. We will schedule Privates for 1 to 4 people during which time more fine-tuning/questioning can occur between the teacher and the students. Regardless of the road you choose, the single most important thing that you can do is to listen to your body & use your breath!

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