

Yoga or Pilates

By Tricia Soper-Powell



Why I chose Pilates over Yoga

Pilates or Yoga? Like many people, initially I was unsure which one to go for, but it was Pilates that hooked me!

I was attracted by the way Pilates develops core strength and works the whole body, with mind and body working together encouraging the use of all the muscles, even those you didn't know you had! Pilates was also something that would be good through all stages and at all ages of my life.

When I started practising, I was pleased with the improvements in my own strength, tone, posture, balance and symmetry. Not to mention the centred and relaxed feeling I would come away with after each class.

Some may suggest Yoga could have provided much of what I was looking for and yes, Yoga does develop core strength, but is more stretch and flexibility oriented. I am also aware Yoga focuses on uniting the mind, body and the spirit. It was this, the meditative element, that I wasn't ready for when I chose Pilates many years ago. Not surprisingly it is something I have picked up since and practice separately.

It was later I realised the benefits of Pilates in rehabilitation and injury prevention, in helping with my own body's peculiarities and injuries I had picked up during my life, through a combination of challenging sports and conversely, the hazards of the sedentary nature of a corporate lifestyle.

Now it's your turn, Pilates or Yoga? It's a personal decision and it depends on what you are aiming to achieve and if you can't decide, then why not try both!

Together, they can complement each other very well. Watch the daily stresses of life fade away with the breathing techniques in Pilates and the meditative aspects of Yoga. You will strengthen your core in Pilates and reap the benefits practicing Yoga. Enjoy the stretch and flexibility from Yoga and maintain it in Pilates with added control.