



Simple yet complex

When doing the work of training the mind-body connection — including the physical, emotional, and mental — we are either peeling back the layers to reach the heart of connection or we are building the layers that create its foundation. An onion offers a useful image to represent the analogy.

Deep connection requires a slow peeling away of layers that no longer support, whether they be dysfunctional movement patterns or old beliefs and habits that no longer serve. At the same time, new mind-body awareness layers on new pathways of correct neuromuscular patterning, postural alignment and overall balance and integrated movements. New thought processes and sensorimotor pathways get carved out and layered upon as transformative learning creates deeper levels of connectivity.

Learning the methodology of Pilates and pre-Pilates results in layering not only physical skills but integrated intellectual concepts to achieve mastery over body and mind. The onion metaphor offers a glimpse of the complexity.