

Hi. My name is Kiera Lam, and this is a six-part Pilates Mat From Scratch series. The idea behind this series is that Pilates mat work is accessible to everyone, as long as you have a mat or a floor. But even still, the mat work can feel overwhelming if you are not first introduced to the foundational exercises.

So this series is designed around first learning the foundational exercises, or what we sometimes call pre-Pilates, and then we build the seven basic Pilates mat exercises, and from there, we continue layering building blocks to help you progress towards what we call the intermediate level of Pilates mat. This series is for absolute beginners, but it's also for experienced Pilates practitioners who understand the value of reviewing the foundational exercises, because the better you are at the foundational exercises, the easier the more advanced exercises become.

But also, maybe you're coming back from an injury and a doctor says, "Yes, you can return to Pilates." You'll probably wanna start rebuilding your practice from scratch. This is another great workout for you, or workout series. Also, if you travel a lot, you can take this workout series with you anywhere and do it anytime you want.

I created this series because I believe everyone should have access to the Pilates method. Maybe you don't have access to a Pilates equipment, but you can build a strong practice and a really strong body starting with the Pilates mat work. And for me, even though I've been practicing Pilates for over 20 years, I always come back to these foundational exercises because this is where your strength is born.

The goal of this series is to teach you how to do the exercises step by step so you don't feel like you're just moving for the sake of moving, you're really learning how to gain control of your body and the way it moves. So we'll focus a lot on, how do I connect to my abdominals to control my movement?

What does it mean when a Pilates teacher says to hug my midline? Or what does it mean when they talk about opposition or a two-way stretch? Your foundation will start right here.