

Hi. I'm Alisa Wyatt and welcome to the PrePilates series. We all have imbalances in our pelvis and core that block us from moving optimally, and that's where PrePilates comes in, whether you're a brand new beginner or a seasoned athlete. In this six class series, you'll discover why learning how to engage your core correctly is so effective at building pelvic stability, because when you move from a stable pelvis, your ability in all movement soars.

As you work through this series, you'll discover where your own weak spots are and how to fix them. I'm not going to lie, this deep internal work takes lots of focus, but it will really start paying off immediately with all kinds of things like better balance and posture, relief from back pain, improved posture that doesn't require effort, less tension in your neck and shoulders, and much more agility and endurance.

I created this series after I used PrePilates to heal from an injury and I was blown away by the dramatic results that it made in my own body. So I hope you'll join me and find out what a difference these seemingly innocent exercises can make for you too.