

Hi, I'm Amy. Thanks for joining me for this Pilates foundation series. This series is for anyone who has been slightly hesitant to start your Pilates practice at home. We take our time and build foundations and, uh, concepts that you're going to need throughout your Pilates journey. While you're going through this, you'll build flexibility and strength, more body awareness.

You'll be looking forward to this class every day as you go from one class to the next, maybe repeating some of the classes so that you continue to have a great understanding of the Pilates work and how your body moves in these exercises. As a busy teacher, I created the series for my clients because I can't always see them more than maybe once or twice a week.

And I want them to be doing Pilates frequently so that it really helps them to be stronger and taller. And I want to empower them to, uh, work on their Pilates at home and work on their practice at home. And so this series is exactly for my clients and you at home to find your Pilates foundation and Pilates strength.