

# The Pilates Brain & Brain-based Cues

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#pmapilatesbrain

# Brain Fact or Fiction

- “You only use 10% of your brain”
- “Meditators have better emotional brains”
- “Brains don’t change after 30 yrs old”
- “I’m ‘right brained’ and you’re ‘left brained’ ”
- “I learn movement with ‘muscle memory’ ”
- “People who exercise have healthier brains”
- “Yoga/Pilates balance the left and right brain”
- “Weight lifting improves your memory”

# Pilates is a Form of Adult Learning Can enhance neuroplasticity

After adolescence and young adulthood “We rarely, engage in tasks in which we must focus our attention as closely as we did when we were younger, trying to learn vocabulary or master new skills.” By mid-life we tend to repeat mastered skills versus engage in learning new ones. “To keep the mind alive requires learning something truly *new* with intense focus.” To help the brain learn you need to “have enough of a reward, or punishment to keep the person paying attention through what might otherwise be boring training session.”

**Norman Doidge** (p. 87-88).

Anne Bishop © 2014 **The Brain that Changes Itself**

# What makes Pilates different?

# What makes Pilates different?

- Focus
- Attention
- Body Awareness
- Form
- Breath
- Flow
- Intelligence
- Mindful
- Correcting errors

# What is the Pilates Brain?

## Questions: The Pilates Brain

- What makes Pilates?
- What it is cognitively?
- What do we think about when we move?
- What do we not think about?
- What do you think when you practice Pilates?
- What do your students think?
- What do you want them to think?

## Ideas: The Pilates Brain

- Movement Oriented
- Aware
- Mindful
- Attention
- Learning
- Correcting
- Timing
- Flow
- Breath
- Alignment

If thoughts are action...

What are thinking about now?

Think of yourself as not just directing movement/action/executions but directing/molding/shaping/inspiring thoughts!

As a teacher of Pilates



# Brain-based Cues

## Roadmap

Brain Anatomy

What is a Pilates Brain?

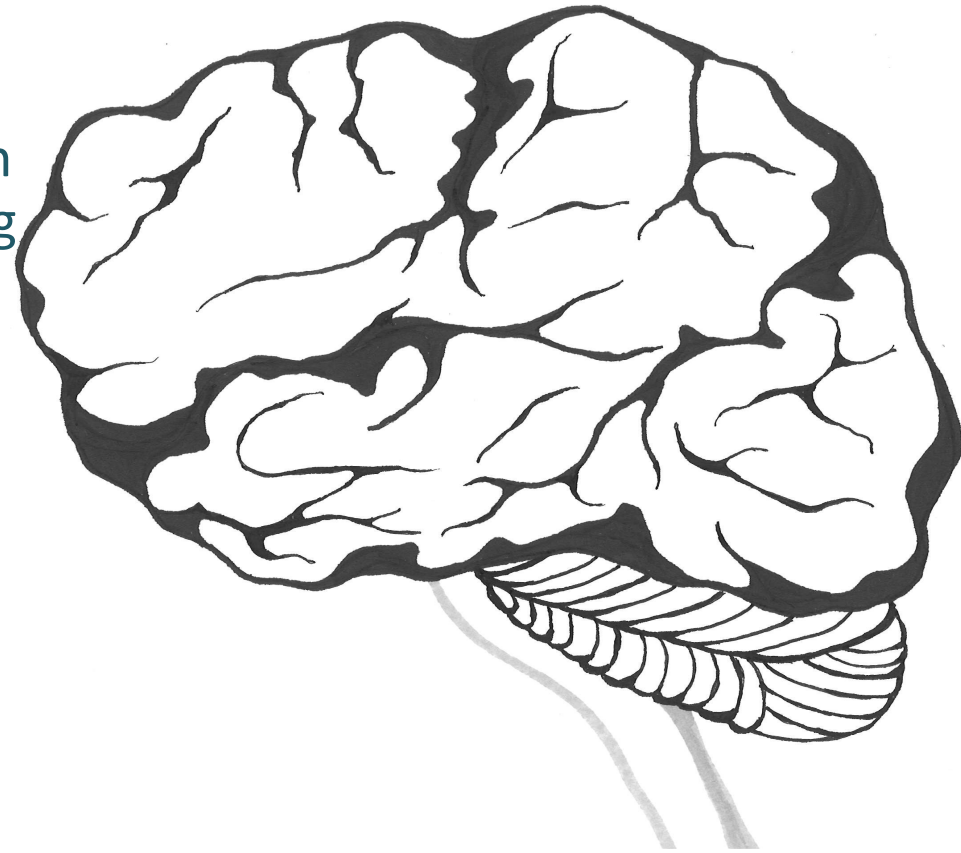
Brain regions heavily utilized in  
Pilates learning and teaching

Pilates for Brain Fitness

Research

**AEROBIC BURSTS**

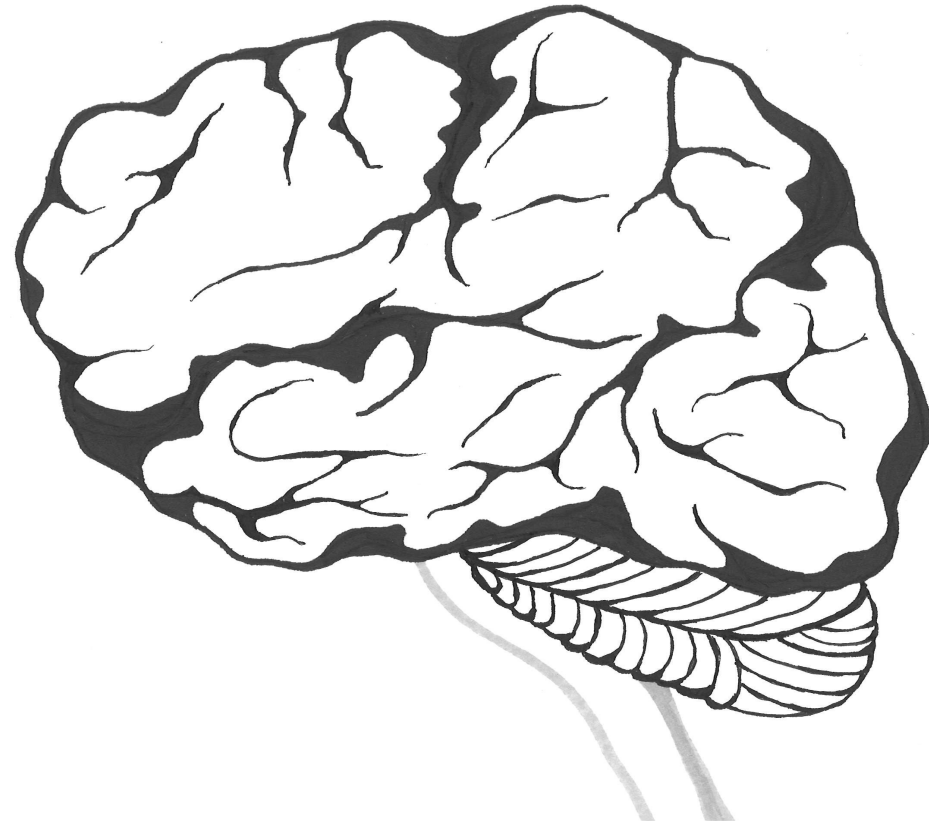
**MEDITATIVE MOMENTS**



# Brain Basics

## 3lbs & 3 parts

- 3 lbs ~ approximate weight of brain
  - 1.68kg
  - Responsible for almost all functions
- 3 major parts of brain
  - Cerebrum
  - Cerebellum
  - Brain stem



# The Pilates Brain

