

Finding Magic on the Mat: Virtual Workshop!

By Julia Hughes

From the first time I used the power circle, I knew there was something special...dare I say *magical* about it. I could feel exercises differently in my body and appreciated the feedback it provided. For the next couple of days, I could feel the effects of using this prop. I knew I had worked differently during my Pilates session and eagerly awaited the next time my instructor would use it.

In truth, the power circle is one of the most effective tools we can use to assist students in finding their critical connections. Concepts that can seem foreign – heel to seat, rib to scapula, and the three anchors – come to life when using this prop. The feedback it provides is immediate and lasting, almost like an incredible touch given by an instructor.

As an instructor, my students know the power circle is among my favorite props. Their reactions when I make a beeline for where they are stored always makes me smile. I enjoy finding creative ways to use it throughout the session. That said, I often use it as an ending to sessions. This helps make sure my students feel the work as they take their practice away from the studio.

I hope you will join me Friday, April 26, 2024 from 2:00-4:00 PM (Eastern) to learn more about how to use this prop in your practice and teaching as well as to start making your own magic!

Finding the Magic on the Mat: The Magic Circle – Virtual Workshop

April 26, 2024

2:00-4:00 PM Eastern

[Register in North America/Asia](#)