



## No Limits: Imagine This

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Imagery is a powerful but often misunderstood tool. Discover how to use imagery more effectively to make a bigger impact. Explore practical application of imagery as you partner with another teacher to learn first-hand how to personalize imagery to maximize its application.

### **Learning Styles**

Each learning style is unique in how one responds to and benefits from the use of imagery.

- Auditory
- Kinesthetic
- Holistic
- Social
- Logical
- Verbal
- Visual

## What Is Imagery?

Imagery is the use of...

- Similes and metaphors to paint a picture
- Active, command voice
- Visually descriptive language
- The formation of mental images, figures, or likenesses of things, or of such images collectively
- Pictorial images, as in works of art
- The use of rhetorical images
- Figurative description or illustration; rhetorical images collectively.
- Psychological-mental images collectively, especially those produced by the action of imagination.

## What Imagery isn't

- "Imagine \_\_\_\_\_"
- Cueing in the passive voice
- Mental rehearsal

## Types of Imagery:

- Direct
- Indirect

## Why is Imagery important in Pilates:

Pilates uses the body, mind, and spirit. Imagery is part of the art of teaching Pilates. The brain thinks in pictures, not words. Images create shortcuts around the brain to access deep intuition of the body. The use of imagery creates biological changes in the brain that relate to alignment and movement skills improvement. Imagery helps movement come alive in the body and imagination.

- Improves motor learning and muscle activation
- Enhances body awareness and alignment
- Reduces overthinking and encourages flow
- Improves movement quality

- Corrects improper movements
- Helps you learn new skills
- Creates a better focus

### **Sources for Imagery**

- Nature
- Architecture
- Art
- The five senses
- Music
- Hobbies and pastimes
- Anatomy
- Language: Adjectives and Adverbs

### **Three requirements for good imagery:**

- Vividness
- Controllability
- Exactness

### **Pro Tips/Summary:**

Consider stage of learning (i.e., simpler images for beginners)

Keep images active and in present tense

Paint a picture

Match the image to the student's experience

Most effective when highly personal and relatable

Match images to each exercise goal

Keep imagery simple, short, positive, and inclusive

Imagery is an important tool in your Pilates instructor toolbox. Know your clients, listen to other instructors, and practice as you develop this skill. Remember not every

exercise in a session needs imagery. Know your students. Sprinkle imagery into sessions to achieve your desired goals for your student. Have fun!

Thank you for attending No Limits: Imagine This! I am happy to share the PowerPoint printout with you. Please reach out with any questions.

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