

Build Confidence and Purpose with Pilates

Season 2 · Episode 6 · Cue Card · Tania Huddart

People take things in differently. Some need to see it, some need to hear it, and some need to feel it. So if you only ever cue one way, you only really reach the people who learn that way.

Pick one exercise and one thing you want people to do or feel. Then write that one cue four ways. Two ways in are better than one.

Exercise

What I want them to do or feel

My usual cue

As a picture An image they can see in their mind. <i>For example: "Melt your shoulders." Ice cream on a hot summer day.</i>	As a sound Something to hear, or to make. <i>For example: a long, slow "ahhh" as they curl up. Or hum as they breathe out.</i>
As a direction Use the room, not left and right. <i>For example: "Turn towards the door." "Reach your fingers towards your heels."</i>	As a touch Their own hands, or yours if they say yes. <i>For example: "Tap the tops of your shoulders and do a few shrugs."</i>

Words that grip, and words that free

Choose words that carry the feeling you want. Keep them simple.

Instead of	Try
"Lift your head"	"Float your head"
"Squeeze your glutes"	"Draw your sitting bones towards each other"
"Relax your shoulders"	"Melt your shoulders"

Make it your own

- ☐ Say it out loud, on your own.
- ☐ Record yourself and play it back. Does it make sense? Would you understand it if you'd never done the exercise before?
- ☐ Try it in class and watch the faces. If people look confused, change your words, not your client.

What happened when I tried it

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