



"Pilates® Method for Mental and Physical Training"

with Ketty Bucca



Daily activities such as sitting, standing, running, playing sports, dancing and training in a fitness room reinforce some muscle groups but leave others underdeveloped.

The resulting muscular imbalance is not usually noted as such, but it may be a source of fatigue, discomfort, pain or even immobility. The "Pilates® Method for Mental and Physical Training" stimulates harmonic and balanced muscle development.

Those who consequently apply the "Pilates® Method for Mental and Physical Training" discover that they unconsciously sit and walk with a better posture, move more graciously, sleep better and develop stronger muscles. Joseph Pilates spent over 50 years working on the sophistication of his exercise method, which focuses on both on the mind and muscular system to achieve mental and physical harmony.

Ketty Bucca began her career as a dancer with Rudra Bejart Ballet and went on to work with the Vienna State Opera Ballet. Her time at the Vienna State Opera and Volks Opera Ballet, during which time she danced almost all the repertoire of the classical ballet, includes two years as a soloist where several new ballets were created for her including "Nudo" and "Alice in Wonderland".

In 2003 she discovered Pilates and found she believed in the method so much that she decided to train as an instructor. In the same year, whilst studying with Romana Kryzanowska, her daughter Sari Santo and Marjorie Oron, she attained her level five Pilates certification. Since then, she has continued her professional education in Paris, the Hague, Barcelona, New Orleans and New York, where in 2007 she achieved her "Level 4 Authentic Pilates Instructor Certificate". This qualifies her to be a trainer - there are only two authentic Pilates instructors at this level in the United Kingdom.

Ketty is committed to furthering her knowledge of Pilates, and in 2007 she completed the "Certificate of Most Common Upper Body Injuries and Treatment through the Pilates Method"; she has also studied the application of Pilates to scoliosis and hip and knee injuries. In 2008, she gained a certification in "Anatomy: Deep Lines Through the Powerhouse", and in 2009 completed "Postura e Pilates".

Ketty started working as a private Pilates instructor in 2003 at the Pilates Centre of the Netherlands. She has also worked at The Pilates Centre in Vienna. Since 2007 she has run her own business "INTELLIGENT MOTION Authentic Pilates" in London. In addition to her wealth of experience, she has great experience of treating clients with lower back problems.