



ASCENSION
STUDIO CO.

PILATES CUEING 101

The Cueing Hierarchy

When in doubt, cue in this order:

1. POSITION

Where is the body?

Set the shape before you refine it.

Examples:

Lie on your back, knees bent.

Stand facing the wall.

Feet hip-width apart, arms by your sides.

2. ACTION + DIRECTION

What's moving, and where is it going?

This is the most important cue.

Examples:

Reach your arms toward the ceiling.

Lift your head and shoulders.

Press the mat away and lengthen your spine.

Lower down slowly with control.

Tip: If students aren't moving, don't add technique yet.

3. TECHNIQUE / REFINEMENT

How can the movement feel more supported or efficient?

Layer these cues after the movement begins.

Examples:

Keep the ribs heavy.

Soften the shoulders.

Move slowly on the way down.

Maintain length through the spine.

Remember:

Great cueing isn't about sounding smart or technical. It's about helping a room full of bodies move clearly and safely together. Movement first. Details later.