

Stretch Your Life

Volume 2, Issue 1

January 24, 2005

Happy New Year to All !

I am back to teaching. I see some new faces and a lot of familiar faces. All those that did not return I do miss you and hope to see you again!!

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I will be sharing new insights from the pelvic bowl series. Particularly in the 3-9 o'clock movement. The new way to look and feel the movement sent my body into a musical harmony of mobility and strength. It consists of using the back and the abdominal muscles in unison.

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On that note just a bit of news. I will be opening an equipped Pilates studio in April. So for those that go to community centers, I would welcome you to join me at my studio. Address is: 871 Victoria St. N. (Victoria and River) Kitchener, Ont.
Phone 519-744-5380 (home #)

Registration for next session will begin March 7, 2005. I will be posting class times and types in the upcoming week.

I will inform you when the posting is available.

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I will only be away Feb. 4-14, 2005 for my training with Anat Baniel <http://www.anatbanielmethod.com/>

It's not enough that we do our best; sometimes we have to do what's required.

Sir Winston Churchill, British politician (1874 - 1965)

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While taking the Pilates course, I was intrigued by design of the movements. How one tiny cue would change the whole dynamics.

Let's use one of my favourites, the bridge. You will be lying on your back knees bent, feet as if standing on the floor or mat. Inhale to prepare, exhale, and curl your tailbone, lifting one vertebra at a time until up on your shoulder blades. In this position, you will lift your hipbones a little higher, squeeze your hip bones together and feel the energy from your hips go down your legs to inside of your knees and continue down your legs to inside of your feet (arches).

Now incorporate the 3-9 o'clock movement. Keep lifting the hips, knees toward ceiling and feel the movement. Exhale, soften the breastbone and slowly curl down one vertebra at a time, your tailbone will go down last. Drop hip 3x

Repeat 5-8 times, get up, walk around, and notice any difference in your body.

Benefits:

Strength in back of legs, buttock.
Shoulder stability
Pelvic and spinal mobility.

Until next month,

Remember to stretch your mind and your body daily... Karen

<http://www.stretchyourlife.com>