

Stretch Your Life

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Hello all,

I have been in the new studio for 2 weeks now and really enjoying it! Remember to drop by and say hi! There will be an **OPEN HOUSE on Monday May 2nd from 2-8 pm.** I look forward to seeing you all there!

1 minute roll down (Exercise of the Month)

Sitting at the bottom end of your mat on your sitting bone knees bent, feet standing on the floor. Slowly start to round your back and curl back. Hold, use your breath and curl back a little at a time. Shoulders need to be relaxed, lengthen sitting bones from head to keep from gripping in the front of the pelvis.

Time yourself take the full minute. Feel the muscles in the stomach working to keep you stabilized as you slowly curl down. Keep control. If you feel this in your low back please stop immediately.

This is a great exercise to increase overall strength and stamina.



<http://www.stretchyourlife.com>

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I will be offering Pilates teacher training at the new studio.

Training starts September 16, 17 and 18. The training will be done by Body Harmonics, Toronto.

For more information call 741-1449

Please feel free to call 741-1449 (new studio number) to book your private session on the Pilates equipment. Swing like Oprah on the Cadillac.

If you are interested and ready to sign up for classes starting May 16 check the following links. I recommend early registration to guarantee your spot!

Studio Classes

http://www.stretchyourlife.com/Pilates_Class_Schedule.html

Studio Rates

http://www.stretchyourlife.com/Studio_Rates.html

Studio Registration

http://www.stretchyourlife.com/Class_Registration.html

Until next month,

"You will walk away from Stretch Your Life, being a high performer in all areas of your life."

Karen