

Stretch Your Life

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Hello all,

I am back again from California with the vision of creating more strength, flexibility and mobility within your body.

Imprinting, with neutral pelvis

Lie on your back, knee bent, feet standing and notice your pelvis. See if you can find neutral. Hip bone and pubic bone on the same plane. Which means your low back is not pressed into the mat.

As you become more aware look to also have the base of your ribcage sink into the mat as if you are imprinting. Think of length in the back of your neck. Chin is neither tucked toward chest nor over extended toward ceiling. Lying in this position notice your breath. Inhale through your nose; exhale through your mouth. As you inhale place your breath into the side of your ribcage. Try breathing into your breastbone and shoulders. Then try again to breathe into the side and back of your ribcage. Continue with the ribcage breathing.

This really opens the ribcage and makes all pilates movements flow with "ease and economy."

California Training info
<http://www.anatbanielmethod.com/>



I am getting set to open my studio. I get the keys on March 1st to start the renovation and paint for the opening April 1

I have my new Wanda Chair and will purchase my Cadillac within the next week.

Any prayers of support would be appreciated and any friends or family that would like to join are more than welcome.

You will receive 1 free class for every new person you bring in. Your friend or family member will receive 1 free class for coming in.

The first session will be a 5 weeks, as I will be going to California again May 6 to return May 16. The second session will be 6 or 7 weeks depending on the day.

I would like to thank all those who have been in my classes and will continue in the new studio.

Class description check

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

Studio Rates

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

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

<http://www.stretchyourlife.com>

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