

Hi all,

Welcome to July Newsletter.

I am having so much fun with my puppy that I decided to get another. I now have 2 Jack Russell Terriers. They are so much fun, just to watch. Training is also fascinating. I find great joy in playing with my puppies.

This months articles

7 Pilates Principles Part 3 Breathing.

Using the bones in your pelvis to increase strength

Breathing

Controlled breathing is very important with all Pilates exercises. It helps facilitate all movements and feeds oxygen to your body to help the cells do their jobs. I recommend learning how to breathe into the ribcage:

- o Sit tall on a mat, chair, or ball, sitting tall on your sitting bones, and place your hands on the back and sides of your ribcage.
- o Inhale and see if you can feel the ribcage open like an umbrella. Exhale and contract, or close the umbrella.

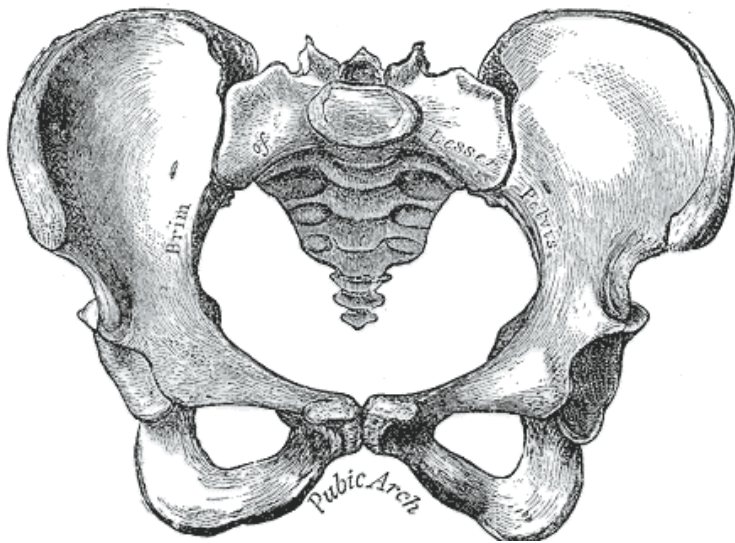
Start slowly with ribcage breathing, as most of us are not accustomed to breathing like this. I also encourage my clients to try this breathing technique to improve ribcage breathing:

- o Position yourself on all fours on the mat.
- o Press back so that you are sitting on your heels with your hands out in front, palms down on the mat.
- o Breathe deeply, focusing on placing your breath into the back of your ribcage, between your shoulder blades.
- In both positions, inhale through the nose and exhale through the mouth. Notice your neck and shoulders; keep them soft and relaxed. Breath in for 5 counts and out for 5 counts; maintain a steady air flow.
- In all exercises, inhale on extension or moving away from center, and exhale on flexion or when pulling into center.
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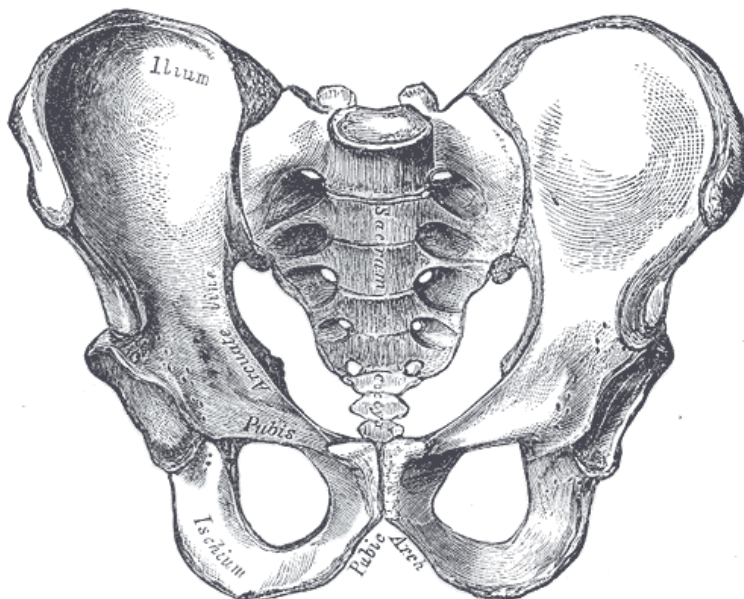
Since summer is the time of year to sit back and relax. Check out this CD.

Whispering Woods, guitar for Relaxation by Solitudes

http://www.amazon.ca/exec/obidos/ASIN/B00004RGT7/qid=1090950147/sr=2-1/ref=sr_2_1_1/702-2832478-5880056



Female Pelvis



Male Pelvis

To make the X, imagine bringing the right side of your pubic bone, (pubis) to your left sitting bone (ischium), hold. Bring the left side of you pubic bone (pubis) to your right sitting bone (ischium), hold. Now go deep and squeeze your sitting bones (ischium) together without squeezing your buttock together.

This will make for a very strong connection in the pelvic area.

Hope this brings visibility to all of those confused with the X with a hat!

Enjoy the rest of the summer and have a great month!

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