

Hi All,

Welcome to June Newsletter!

I have just posted my MP3 Pilates workouts on my website [www.stretchyourlife.com](http://www.stretchyourlife.com) There are 4 to choose from. 1 is a 15 minute arm neck and shoulder workout. 2 is a 15 minute leg and hip workout. 3 is a 15 minute challenging workout. Or you can purchase all 3 for a reduced price.

Watch for my Pilates Basics #1 e-book to be posted. For those of you that sent me the code I will contact you with your free download.

As some of you may know I am actively writing a book on Pilates for Pregnancy. I am enjoying the process and am very excited about the people that are helping with articles in their own professions.

I just need a post/natal woman for pics for post/natal exercises. The first 6 weeks after birth.

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This months articles

7 Pilates Principles Part 2 Centering.  
Gold Mine of wisdom

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Centering By Karen Toth

I like to think of the "Powerhouse", as Joseph Pilates would call it, as the center of all exercises. My teachers taught me a very interesting and unique way to engage the muscles of the core or powerhouse:

- o Stand with your feet hip-width apart and your weight set into the center of your feet (near the arch) and your hips stacked squarely over your feet.
- o Hold your pelvis in what I like to call neutral - to locate neutral pelvis, place your palms on your hipbones (front of pelvis), middle fingers on pubic bones and make a diamond shape with your hand. Gently rock your pelvis forward and back until you come to the place where your hip bone and pubic bone are on the same plane; if you held a level from hipbone to pubic bone it would be plumb. Quite often it is as simple as lengthening your tailbone downward and softening your knees (for those who lock their knees). This position will feel strange for a while, but gently learn it.
- o Hold this position - shoulders centered over ribcage; ribcage centered over hips; hips centered over pelvis, with your arms and shoulders square by your sides.
- o Without moving any bones, imagine pulling the right side of your pubic bone to your left sitting bone and hold. At the same time, imagine pulling the left side of your pubic bone to your right sitting bone and continue to hold; this is what I call the X. Practice forming and holding the X before moving on.
- o Now add what I call the hat by bringing the sitting bones together. I like to use the "X with a hat" with my clients to cue neutral

pelvis and focus power from the center, improving control, precision, and power.

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#### Greatest Gold-Mine of Wisdom Crammed Into One Product

David Riklan, the president and founder of the #1 Self Improvement website in the world, SelfGrowth.com, recently created an absolute masterpiece - unlike anything that has ever been created before. The wisdom and the creative thought that went into this powerful book will boggle your mind - and, more importantly, it will propel you to create extraordinary results!

Jack Canfield, co-author of the best selling series "Chicken Soup for the Soul," described David's book as: "The most impressive collection of the best-of-the-best advice from the world's top success experts. You can invest the next 30-40 years searching for answers or can buy this book now."

If you would like a concise, clear, gateway into over 1000 years of accumulated millionaire's wisdom from the world's most renowned experts in the Personal Development industry, you need to invest the next couple minutes to take a look at this.

Additionally, as part of David's 24 hour June 23rd promotion, you will receive bonus gifts valued at over \$1,412. (you'll get even more real gems of wisdom), when you make one small investment into your wondrous future.

David's powerful story is below. I urge you to look at this now!

Go to <http://www.getresponse.com/t/145421/>

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If you enjoyed this issue, why not forward it to an associate or colleague who can benefit from this information. They'll thank you for it.

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There are still a few spots available for the summer session please check [www.stretchyourlife.com](http://www.stretchyourlife.com) small group classes <http://www.getresponse.com/t/145422/> or large group classes <http://www.getresponse.com/t/145423/>

Have a great month!  
Karen

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<http://getresponse.com/r?y=MzcxNTMyL2t0b3RoQHJvY2tldG1haWwuY29tL2Jyb2FkY2FzdF84NjM4Ny8=>