

# Stretch Your Life

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Hello all,

Hope you are all enduring this heat wave! Cholie and Hercules are lying around. Very unusual for Jack Russell Terriers.

Registration for July classes has started.



2 more Feldenkrais classes Monday June 20 and June 27 at 6:30 pm. RSVP 741-1449 for space availability.



Workshop Sunday June 19, 1-4pm Pilates for Runners. Invite your running friends to join. How to reduce injury, increase mobility and strength while running.



Workshop Sunday June 26, 1-4pm No More Pain in the Neck. Invite all your friends to join.



Workshop Monday's July 11 & 18 7-8:30pm Pilates for Golfers.

## Rolling like a ball

Sitting at the edge of your mat, knees bent, feet standing. Gently roll your pelvis back, lift your right foot, and lift your left foot, holding your knees in front if able or behind.

Hold this position and balance. Tuck head under, inhale, round your back and roll down to shoulder, exhale and roll back up. Take a 2 second break to balance between each movement do 10 times.

☺ Remember to keep head tucked down and continue to breathe. Do not do if you have neck and shoulder concerns ☺

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Studio schedule of July classes.

[http://www.stretchyourlife.com/Pilates\\_Class\\_Schedule.html](http://www.stretchyourlife.com/Pilates_Class_Schedule.html)

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There is a great referral program in place. Just refer someone to the studio for a workshop, classes, private or semi-private instruction and your name goes in for a draw of a lovely gift basket.

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Have a great month,

"Become the best you can be in all areas of your life."

Karen Toth