

Stretch Your Life

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Hello all,

It is almost time for March break here. Wishing all those that get away a wonderful vacation.

Swan (Exercise of the Month)

Lie on your stomach arms by your side palms facing upward, forehead on the mat. Inhale to prepare, exhale curl your pelvis forward to engage the abdominal, glide your shoulder blades toward your buttock, nod your head as if rolling a marble and let the upper back peel your arms head and shoulders off the mat.

It is very important to engage the stomach muscles to prevent low back pain. Another way is to imagine I have a string and am pulling your belly button up toward the ceiling. Glide the shoulder blades toward your buttock and let the upper back lift you off the floor repeat 5 x.

This is a great exercise to increase bone density in the upper back an area prone to Osteoporosis. It is also great for posture.



To improve your life

Jim Rohn's One-Year Success Plan
<http://jr1.jimrohn.com/default.asp?kbid=4665>

I did this course 2 years ago, what a great course!

I now have the keys for the studio, I have picked the colour scheme. It will be blues in the main studio and yellows in the area with the machines for privates.

My Cadillac has arrived in Toronto and will be in the studio before I know it.

I would love any suggestions of corporations or groups that may be interested in Pilates classes or privates.

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. (Does not need to be at the same time)

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_Class_Schedule.html

Studio Rates

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

Studio Registration

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

Until next month,

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

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