

Welcome to May Newsletter!!

In this newsletter

Daily inspirational quote.
Great Inspirational shows.
Pilates Principles 1 or 7

Today's Message

"You have said it thousands of times I am sure: you will never know what you can do until you try. However the sad truth is, that most people never try anything until they know they can do it".

[Bob Proctor](#)

Author and Speaker

For a daily inspirational quote Monday-Thursday and a Friday story, check this site. Copy and paste.

<http://www.mydailyinsights.com/default.asp?affID=128754>

For great inspirational shows check this out.

<http://www.mymasterytvbiz.com/default.aspx?wid=f526081a-4109-4f6a-8239-cce08ffa9c3d&ID=kat9rina>

Pilates Principles 1 of 7 Concentration:

It is very important that you concentrate on every movement in your body. For example, if you to lie on the mat, knees bent, feet on the floor as if standing, arms relaxed by your side, and let your body imprint into the mat. How are your feet on the mat? Can you feel all your toes touching the mat, what about your heels? How are your legs on the mat? Does one calf touch the mat more than the other does? How does the back of your thighs lie on the mat? How does your pelvis lie on the mat? Does one side of your pelvis lie different than the other? How does your ribcage lie on the mat, notice the difference from one side to the other? How does your shoulders lie on the mat, is one side closer to the mat than the other? How does your arms lie on the mat? How does your head lie on the mat, feels straight or slightly looking one way more than the other? Inhale into your ribcage. Does one side take the breath better than the other side? These are a few questions to ask yourself during every movement while doing Pilates. It is of the utmost importance that you concentrate on every move while doing each exercise. This will take time as your body physically learns the new patterns of movement required to execute the exercises correctly. Your mind will become more aware of the feeling of the movements and any changes in other places in your body. Your mind becomes more focused and the exercises become intrusive in all you do.

As in any new venture in your life you must be patient and do the movements in small increments.

Next month we will talk about Centering!!

It is always a good idea to take some time at the end of the day and reflect on your day. Lie on a mat or on your bed and feel your body. Notice your breathing. Notice how you feel while doing your job, looking after your children, running errands and all that you do during the day.

You have done much today, reward yourself with 5-10 minutes of self-evaluation and reflection.

Just a reminder, for all those interested in classes at the Breightupt Center or Rockway Center. Summer registration starts May 31, 2004.

Have a great Month!!

“Remember to stretch your mind and your body daily.”

Karen Toth

Privacy of your e-mail is important to me. I will not share your information with others.

Please feel free to contact me if you have any questions concerning Pilates.

If you have family or friends that will benefit from this newsletter. Please feel free to forward it to all.