

# Stretch Your Life

Volume 3, Issue 1

May 16, 2005

Hello all,

The open house went well on May 2<sup>nd</sup>, thanks to all that come out.

The new session began today and will run for 6 weeks.

The training in California has been a huge learning curve. I have learned about 3x as much this session as before.

Functional Synthesis (FS) of the Anat Baniel method of Feldenkrais body movement are available. Please call the studio 741-1449 to book an appointment. Free will offering accepted.



I am offering 4 Feldenkrais classes Monday May 30, June 6, June 20 and June 27 at 6:30 pm. RSVP 741-1449 for space availability.



Workshop Sunday June 5, 1-4pm Pilates for Posture. Bring the strength into your life.

## Side lying leg circle

Lying on your right side. Top leg bent in front with a pillow under knee, bottom leg straight, body is straight from your head to your toe, hips and ribcage stacked.

It is important to maintain neutral pelvis, and extend the top hip away from your head.

Shoulders remain soft as you lift your bottom leg from the mat. Make sure your knee is forward, lift your leg a bit more and from the hip make 10 tiny little leg circles 1 direction and switch directions.

Notice if they feel like circles. Notice if one direction is easier than the other. Repeat left side.

☺ Remember to keep neck and shoulders soft as you continue to breathe ☺

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There is still room available to sign up for classes starting the week of May 16

Studio Classes

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

Have a great month,

"You will walk away from Stretch Your Life, being a high performer in all areas of your life."

Karen