

Stretch Your Life

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Part 6 of 7 Pilates Principles

Isolation

With isolation of the muscle, you can focus on making the weaker muscle strong, lengthening the tight muscle, and improving your balance. In addition, your movements will be focused on the target muscles, as opposed to other, overused muscles, such as your neck and shoulder muscles.

- o Sit tall on a mat, chair, or ball, sitting tall on your sitting bones.
- o Find the muscles on either side of your spine in between your shoulder blades and glide those muscles down toward your buttocks.
- o Notice if one side is stronger than the other is and relax the stronger side and focus on pulling the weaker side down a little more.
- o Add the stronger side and notice over time how they become more balanced.

It is when you learn isolation that you will no longer be using your neck and shoulder muscles to do the exercises.

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Just a friendly reminder that it is time to sign up for your favourite class.



Winner of the 3rd Annual Golden Light Wellness Fair, draw for 1 hour FREE private Pilates session went to Jennifer Janic. She really enjoyed her session.

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Good news in my life... I have been accepted for the Feldenkrais course in San Raffel, CA. I do the make up class Jan. 21-27 and the 2nd session Feb. 5-Feb. 12. I am looking so forward to the new adventure. I would like you to notice how my teaching skills will be enhanced to make for an even better class.

Follow the link below to see my teacher and read some very interesting information on Feldenkrais
<http://www.anatbanielmethod.com/>

On that note remember my Christmas specials for your friends and family or your own Christmas wish list to give to your family. Treat yourself to a private one on one session.

<http://www.stretchyourlife.com/Home.html>

Today's Message

Great opportunities to help others seldom come, but small ones surround us every day.

Sally Koch

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