

Stretch Your Life

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Stretch Your Life with Karen



Part 5 of 7 Pilates Principles

Precision

Precision will allow you to incorporate grace and flow into your movements. My belly dance teacher is very precise; her movements flow and look very graceful. But until you learn the correct movements, it is very challenging to appear that way. To improve precision in any Pilates movement, I encourage proper centering connection:

- o Think of the left and right sides of your ribcage being knit together across your front.
- o Glide your shoulder blades down toward your buttocks, in toward your spine, and think of length in the back of the neck.
- o Hold your pelvis in neutral position and breathe deeply.

Initiation of this movement will change the flow and activate muscles in a different way. Precision in movement is very important for safety as well.

To see the Christmas wish list special for local clients go to

<http://smedia.vermotion.com/media/9408/resources/Pilates%20Christmas%20Wish%20List.doc>

Spaces still available for Feldenkrais workshop in Waterloo Oct. 24, 2004. Half day is ok.

[http://smedia.vermotion.com/media/9408/resources/FeldinWaterloo2004V5\[1\].pdf](http://smedia.vermotion.com/media/9408/resources/FeldinWaterloo2004V5[1].pdf)

Pilates and Pregnancy

By Karen Toth

I am in the process of writing a book on Pilates for Pregnancy.

Being a mother of 3 sons. I would like to share some of my experiences with Pregnancy and some of the things that knowing in the right time of my life may have saved some Post postpartum blues. Socializing with others going through the same thing is a good help as is a good physician. Also, family support and influence through friends and associates.

At a recent workshop on Yoga for Doula's was very informative as well. For your information a Doula is another person (usually a woman) whom coaching you through pregnancy, childbirth and is there to assist after delivery.

The 2 main things I got from the workshop were the importance of Breathing and Relaxation.

I have added a list of benefits of Pilates for pre and post natal.

Benefits of doing Pilates during pre natal times

- maintain muscular strength
- maintain flexibility
- maintain posture
- pelvic region stay strong and subtle
- Learn to release pelvic floor muscles for childbirth
- support increasing weight
- prevent incontinence and hemorrhoids

Benefits of doing Pilates during post natal times

- restore muscles around the perineum
- awaken pelvic floor muscles
- you will feel rejuvenated and refreshed