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Salter Bray Pilates

*“If it’s easy it’s
probably not Pilates”*

November Newsletter

Pilates Principle #2

Pelvic Placement

Pilates emphasizes stabilization of the pelvis and lumbar spine in either neutral or an imprinted position.

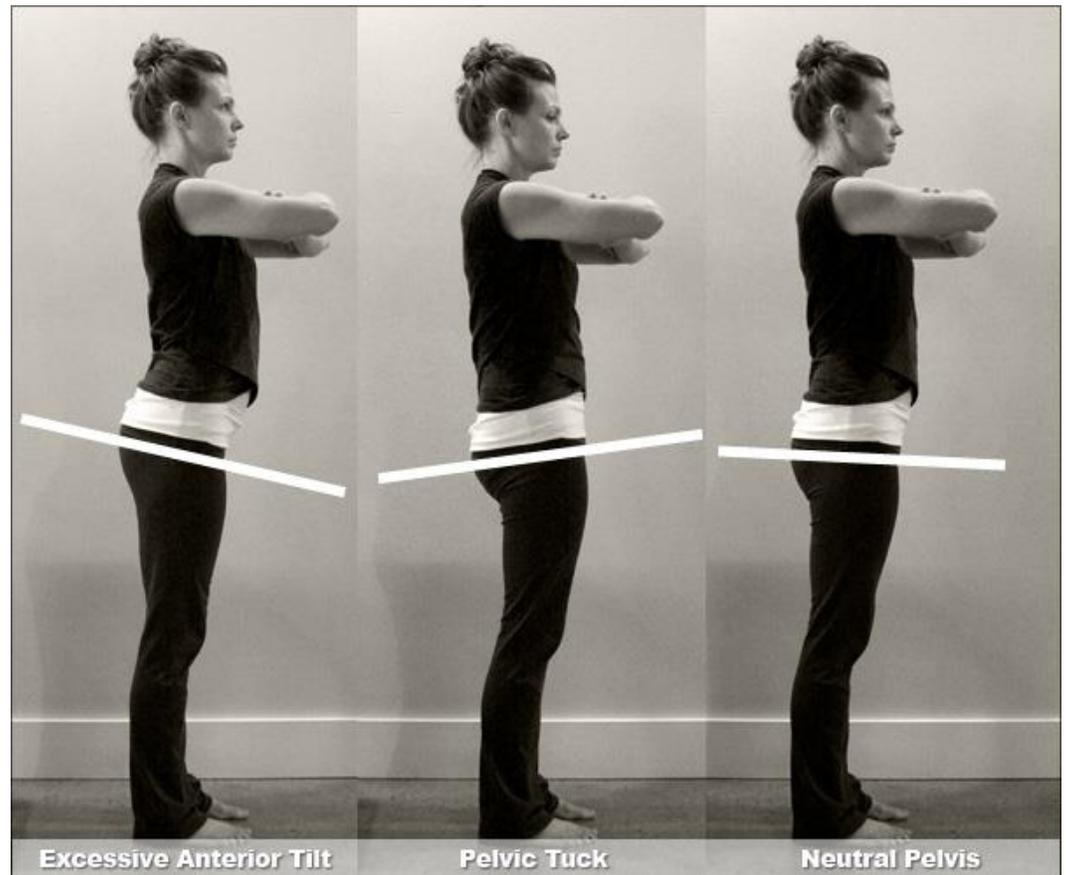
In neutral placement, the normal curve, slightly convex anteriorly, of the lumbar spine is present. (“mouse in your house”) This is the most stable and optimal shock-absorbing position to be in.

Neutral alignment should not be achieved by forcibly arching the back, but rather by allowing the weight of the sacrum to rest on the mat and elongating through the lumbar spine. While breathing, and engaging the abdominals in this position no strain should be felt. If muscular tension is felt shift the pelvis slightly toward the imprinted position.

In an imprinted placement, the spine slightly flattens toward the mat. This position is achieved by engaging the obliques to pull the pelvis towards the ribs. It’s not necessary to press the lower back all the way into the mat or to tuck under by overusing the rectus abdominals or the bum.

An imprint should be used at first, when both feet are off the mat. Once enough strength has been developed, a neutral should be used at all times.

Focusing on maintaining a Neutral position throughout the day, will help to correct your posture and alleviate back pain. Think of lengthening through the spine and engaging the abdominals. Practice this while sitting and standing for long periods of time.



Picture from <http://www.pilates tonic.com/2012/the-easy-antidote-to-a-misaligned-pelvis/>

Exercises to practice:

Rocking Pelvis: Rock pelvis through neutral and imprint to explore range of movement. Neutral will be somewhere between the two.

Neutral to Imprint: Inhale maintain neutral, Exhale contract abdominals and imprint spine. The TA stays engaged throughout the movement

Leg Slides: Inhale maintain imprint and slide 1 foot along mat as far as away as possible, maintaining pelvic stability. Exhale return to starting position.

Leg Lifts: Exhale lift one foot off mat, maintaining imprint. Inhale return foot to mat. Can also be done lifting legs consecutively. Exercises can be done in neutral.

Studio News:

The Wall Units are all ready for action. Book your private session or a mini class with your friends today. The classes will be charged at R100 p/class with a minimum of 3 people.

New Classes:

Monday and Wednesday 4pm-5pm (Beginners Class!)

Tuesday 8am

Please take note of our cancellation policy. Any private bookings not cancelled at least 12 hours before will be charged in full.

Thank you all for your ongoing support!

Facebook link: <https://facebook.com/pilatesnelspruit/>

Instagram: @kellybraypilates & @salter.jess

Do It Now

Sometimes Later

Becomes Never.