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Salter Bray Pilates

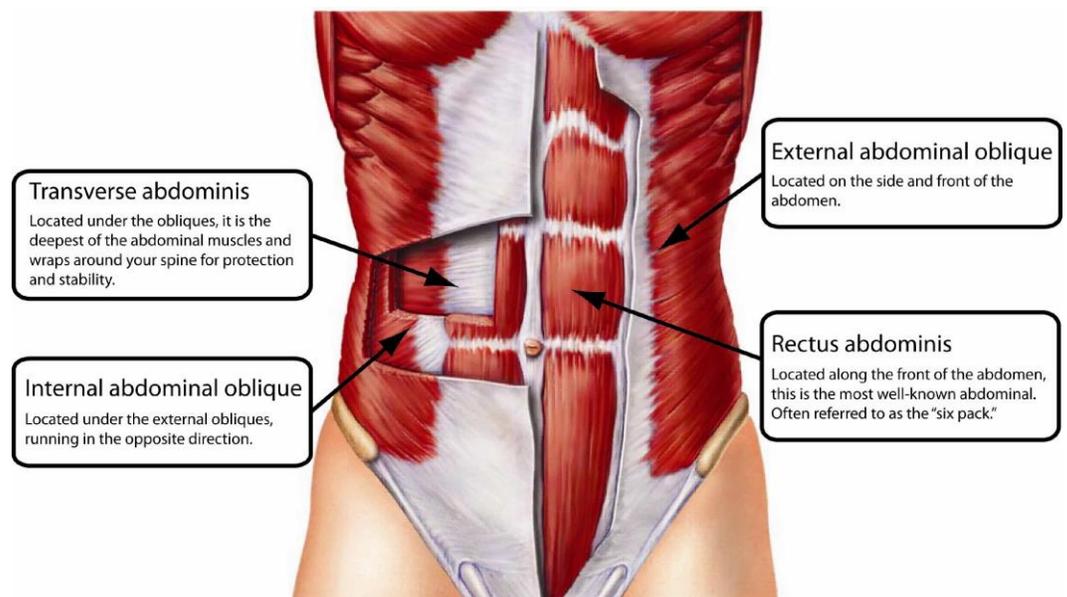
October Newsletter

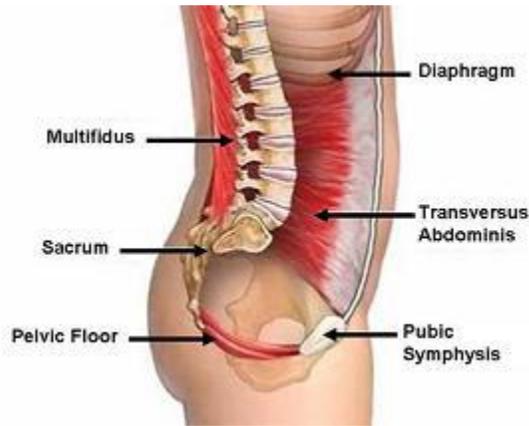
*“A man is as young as
his spinal column”*

Breathing is a vital part to your Pilates Practice, the breath is used to focus your mind, relax your body and most importantly to help you tap into those very important abdominal muscles.

The Pilates Breathing technique is an in breath through the nose expanding the ribs 3 dimensionally (focusing mainly into the sides and back of the ribs) and exhaling forcefully through the mouth.

The forceful exhale helps you to connect into the Pelvic Floor, Transverse Abdominis, Multifidus and Oblique's. By activating these muscles, you create a complete stabilization of the pelvis and lumbar spine. Effectively minimalizing the risk of injury or back pain.





<http://physioworks.com.au/images/Treatments/ultrasound.scanner8.jpg>

Now I know this is all easier said than done, because most of us are not aware of our abdominal muscles never mind deep spinal muscles. This principle becomes very hard too perfect.

So here is a way for you to practice anytime and anywhere. Seated, standing or lying down inhale through your nose expanding the ribs out and back as much as you can, then exhale through your mouth lifting the pelvic floor up to your navel and connecting your navel to the spine.

You should feel a gentle tightening across the abdominals into the waist line and then a tightening in the spine. (Corset effect / Wearing a tight T-shirt)

Don't be discouraged if you don't get the first or the hundredth time keep practicing until you do. Once you can engage the muscles try to hold the connection for an extended period of time. Happy Practicing

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.

There will be no Thursday 8am class on the 6th of October. Class will resume as normal the following week.

New Class Alert Tuesday 8am Classes will start on the 11th of October.

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

*If you cannot do great
things, do small things
in a great way.*