

'Me..time' Pilates.

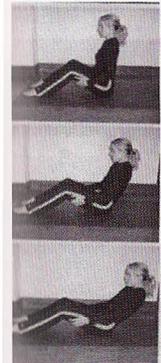
During the 4 week course you'll be coached through all the basic fundamentals of Pilates, preparing you for Intermediate level training, where you'll enjoy more progressive and flowing classes.

Initially it seems so much to think about, which can be daunting and frustrating. Be patient and try to RELAX.

The initial steps may seem small and simple, which they are, the big challenge is to perform them whilst maintaining complete relaxation of the rest of the body. Learning to isolate muscles takes patience and focus, but once mastered, this technique helps with your overall stress management..

WEEK 1 HOME PRACTICE

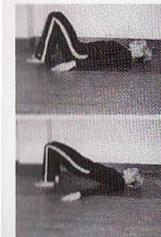
ROLL UP



INSTRUCTION - Sit on mat, knees bent, feet in line with sit bones. Arms out long in front, shoulders down & back. Lower hips back towards the floor while maintaining control of the 'core' as you travel / Once stable inhale & hold extended position, then you will roll back up to sitting tall again using the core.

BREATHING - Inhale to create pelvic tilt / exhale as start to travel back. Hold position & take deep breath in then Exhale and return to sitting tall. Repeat 5-8 times

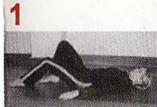
SHOULDER BRIDGE



INSTRUCTION - Tip the pelvis back towards the floor, then lift hips up to create a line from the knees to shoulders. Hold position inhale, then focus on slowly lowering the spine vertebrae by vertebrae back down to the floor.

BREATHING - Inhale as create pelvic tilt / exhale as lift up through the hips / Inhale at top holding Position, then slowly Exhale as bring the back down to start position. Repeat 5-8 times

WEEK 2 HOME PRACTICE 'Set Up'



1. Inhale to prepare / Exhale slowly slide one foot away from the sit bones (Without moving hips & keeping foot on floor, as if drawing line in sand with foot) / Inhale & slowly return the foot to the start position (Repeat on other leg)



2. Inhale to prepare / Exhale & slowly Lift one leg to 100 position (Knee above hip & low leg parallel to ceiling) / Hold position & perform Lateral Thoracic Breathing x 5+ (Ensure no movement in hips) / Exhale to being foot back to the floor (Repeat on other leg)



3. Inhale to prepare / Exhale & slowly Lift one leg into the 100 position (Hold) Breathe in to prepare / Exhale & lengthen leg away in line with opposite thigh / Inhale to return to 100 position / Exhale to being foot back to the floor (Repeat on other leg)



4. Inhale to prepare / Exhale & lift one arm up above head / Inhale to bring the arm back to the floor (Repeat on other arm) Then repeat with both arms together!

Call or email 'Me..time' Pilates®

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