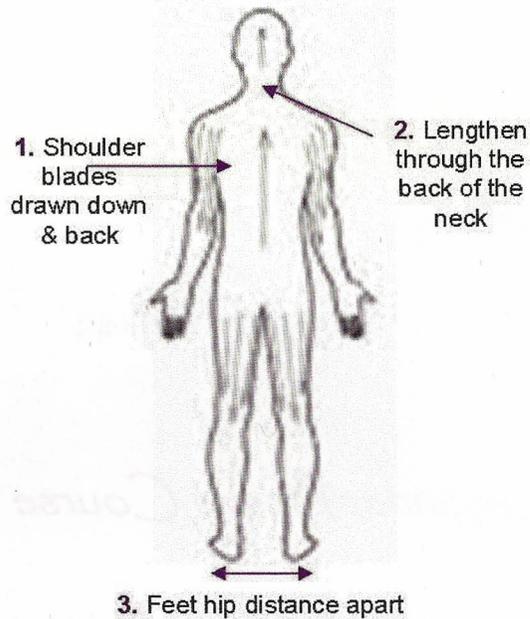


Adopt a 5 point perfect posture



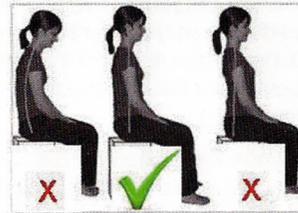
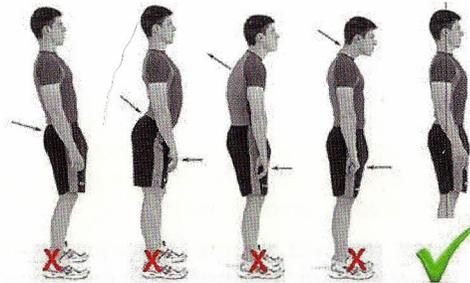
4. Keep ears / Shoulders / Hips / Knees & Ankles in a line



5. Hips bones directly above the pubic bone

'Me..time' Pilates

Review your current posture



Don't..

1. Drop Chin
2. Hunch Shoulders
3. Lean on one leg
4. Turn feet out

Think..

1. Neck long
2. Shoulders down
3. Hip position
4. Feet

Pilates Breathing:

- ◆ Large thoracic breaths. In through the nose & out through the mouth.
- ◆ Breathing is a key focus! Every element of a Pilates move is a single breath in or out. (try to avoid holding breath)
- ◆ In daily life, try keeping the core muscles engaged to 30% at all times. With practice this will become natural and you'll see an improvement in posture

Pain in Pilates:

- ◆ If a move hurts at all in any way **STOP!** reset into your Pilates 'Set Up' position and try again.
- ◆ **(DON'T ACCEPT PAIN EVER!!)** There is no such thing as no pain, no gain with Pilates. (If unsure please ask the Instructor)

Practice good posture

Neck

Lengthen the spine

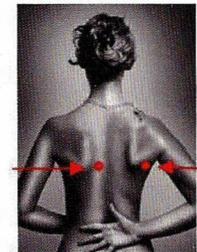
Pull on an 'Imaginary' cord from the tailbone through each vertebrae & out through the crown of the head to lengthen the spine & make you feel taller!!



Shoulders

Keep them down & back

In Pilates, when we say 'Shoulders' we mean **Shoulder Blades!!!**



Find your Shoulder Position

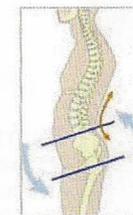
1. Breathe in as you draw the shoulders up towards the ears
2. Breathe out as you slowly draw the Shoulder Blades together & down (**Without Tensing!!!**)

Hips (Pelvis)

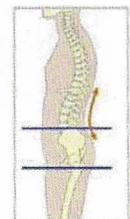
Achieve Correct Posture

We need to position the hips correctly so that we can achieve balance, to alleviate excess pressure on joints & muscles (Known as neutral spine)

Practice



Achieve



'Me..time' Pilates