



Colleen's Corner

Hi.

Last month we began discussing the basic principles of Pilates; how we use 'Centering' to balance out the weakness and misalignments of the body. Today we can start our discussion of **Concentration** and **Control**, the second & third

principles.

Unlike many forms of exercise where we can "zone-out", like in running or biking, Pilates requires the utmost focus to achieve the best results. We **concentrate** on what & where we are working in the body as well as on the quality of the movement. Paying attention to the movements we perform results in a very different response from our bodies. As we focus on an area we notice how much more we feel that area working, and how much more accurate are the results of our efforts.

Many of my clients report this awareness seeping into all of their movements throughout the day. With this awareness comes **control**, as a result of applying the first two principles.

Control is so central to Pilates that Joseph's original name for his body of work was Contrology. There is never anything performed in a sloppy or haphazard way. This **control** allows Pilates students to achieve maximum results with minimum possibility of injury.

Move of the Month: Anchored Spine

In our workouts we are often instructed to "anchor" or imprint our spines into the mat. For proper alignment, lengthen your spine along the mat and concentrate on isolating your abdominal "scoop" without shifting your pelvis.

Do not arch your back or allow a large space between the floor and your spine to occur. This places stress on the lower back and makes it difficult to recruit the powerhouse, (figure 1) Avoid tucking or flattening your back so far into the mat that the hips lift off the floor. This serves only to over-contract the hip sockets and grip the surrounding muscles. (figure 2) A correctly aligned spine, neither tucked nor arched but lengthened, allows the best recruitment of core musculature. (figure 3)

Six Principles of Pilates

Centering
Concentration
Control
Precision
Breathing
Flow



figure 1

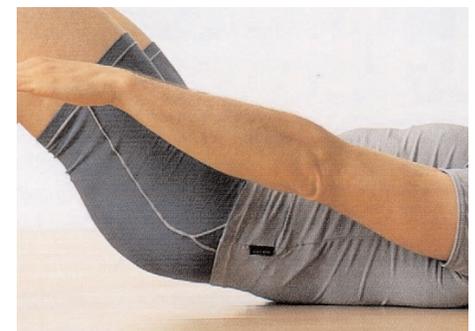


figure 2

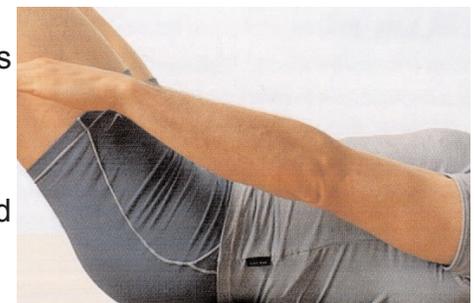


figure 3

Current Events

Rosanne Kilkowski and Erica Almodovar will be taking their final Pilates exams for certification next month. Congratulations!

Wanted: Sessions, Duets, Trios

This section is devoted to available private sessions, as well as people looking for partners in duets and trios.

As of this writing, the following time slots are available with me on a standing basis:

Short Hills

Tuesday, 1:30 pm, 2:30pm

Friday, 1pm, 2pm, 3pm

Wayne

Thursday, 2pm

Sunday, 1:30pm

Short Hills Duets wanted:

Duets and Trios are worked on the studio apparatus with people of similar level of strength and knowledge of the exercises. It's a great way to learn how the exercises fit & flow together as a movement, almost like a dance. It's also enormous fun.

If you are looking to add a new & interesting aspect to your Pilates exercise email me with an idea of what days would be good for you. Also let me know if you have a partner in mind or need to be matched up with someone.

Contacts and Credits:

To include yourself on my email list, or if you have questions or comments, write me at : fitcalm@yahoo.com

To install Adobe Acrobat, go to: <http://www.adobe.com/products/acrobat/readstep2.html>

Good Mat Pilates book: The Pilates Body by Brooke Siler, Broadway Books

Authentic Pilates website: <http://www.pilates-studio.com>

Video or DVD of Authentic Pilates, reformer and mat : <http://www.classicalpilates.net>
(These are the ones you may have seen in the studio. For the experienced, only)

Colleen Wenrich, RN, has been teaching wellness & fitness for over 20 years and is Certified Authentic Pilates, ACSM, AFAA, ACE and BCIA.