

## Colleen's Corner



Hi. Here I am in my corner again, and it's all about me. :) ha ha

1st, as you may have noticed, I'm not with the health club anymore. After nearly 8 years with them it's been quite a change, but worth it because I now have much needed time to take care of some family matters. As you may be aware, at around the same time that my mother-in-law had a health crisis, my daughter had another crisis of her own. I stopped working outside the home to be available to them to deal with it all. Currently, however, all of us are doing much better.

So in the meantime, (for the first time in a long time) I'm enjoying a regular workout. It had become nearly impossible until recently, with all the driving around to this and that facility, to do anything for myself, so this has been a great change for me.

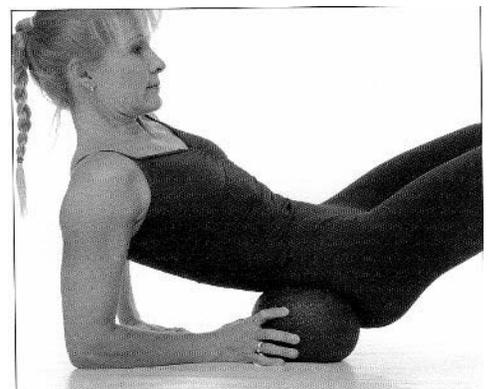
Six to seven days/week I'm Spinning for an hour, Two to four days each week I do either an intermediate or advanced Pilates reformer workout, about once a week I do a Wunda Chair workout or a 'Pedal and Pump', and lately I've added Yamuna Body Rolling, which is the subject of this month's newsletter.

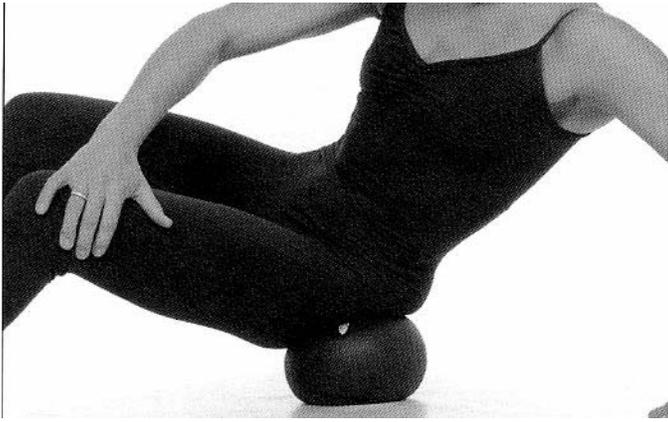
Although I've experienced lots of body work, including Rolfing (ouch), I'd started learning about Body Rolling about the same time I started with Pilates, and found how quickly it helps to tone and heal the body. Feels good, too.

Anyway, I miss you all, and as the Grateful Dead sing "What a long, strange trip it's been."

## *Body Rolling; Approach to Complete Muscle Release and Functional Awakening*

As long as there have been human beings with bodies and muscles, there's been bodywork. Early in human history, Mongolian warriors would prepare for and recover from battle with deep tissue massage because of the belief that memories of injuries and emotional pain are stored in the body as dysfunction and impaired movement. They believed that their enemy's arrow would always find this spot, and removed this target by massaging deeply, almost to the bone, with tools made of stone or ivory called Ka sticks. In this way they could heal faster and return to fight again.





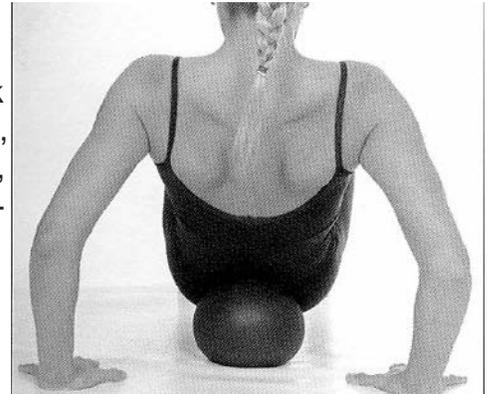
Today, body work is often performed by a massage therapist because of their knowledge of the body and the leverage they can get when working on another's body.

I prefer to work with a type of self massage called Body Rolling; a version of which is called Body Logic, developed by Yamuna Zake . Patterns of movement and holding that we all develop as a result of injury, or from the types of activity we are involved in, begin to change the shape and function of our bodies in a semi-permanent way. These changes set us up for further injury,

like attracting the enemy's arrow. We also lose the function and flexibility that we had as children.

Yamuna's Body Rolling is a technique that uses a 6" to 10" ball and a person's own body weight to provide the leverage to work deeply into the muscles and connective tissue. Rolling works the muscle in the direction of it's flow; from origin to insertion. It stimulates muscles that have long been asleep, or poorly functioning and helps them regain that function.

An example of this could be found in the muscles of the lower abdomen. Whether we lose function from holding a collapsed posture, or from abdominal surgery such as cesarian section, lack of use, or trauma causes proprioception in the muscles and tendons to shut down in its attempt to protect the area. It becomes unresponsive. Body Rolling uses a ball, controlled breath, and awareness to work the area. As we sink our weight, one breath at a time, into the ball, the deep massage stimulates the muscles back to responsiveness, bringing circulation and tone back to the area. The awakened muscles quickly regain their trim appearance.



Also, people who are overweight or badly out of shape find Rolling not only doable but enjoyable. It is exercise in non-exercise form, one that combines the relaxing, pleasurable effects of massage with the toning effect of exercise. Who wouldn't like that?

### **Contacts and Credits:**

To include yourself on my email list, or if you have questions or comments, write me at : [colleen@wholepilates.com](mailto:colleen@wholepilates.com)

Please go to my website, <http://www.WholePilates.com> to find the link for the Biofeedback game.

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

Good Mat Pilates book: [Pilates Body in Motion](#) by Alicia Ungaro, DK Publishing

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