



Colleen's Corner

Hi. Well, just when you get use to life being one way, things change once again. In fact, I think the one thing one can count on is the impermanence of everything. No body knows this better than our neighbors in New Orleans. Its scary, if you let yourself feel it; to imagine that in the blink of an eye you can lose your home, your family, your livelihood. And with the constant barrage of media pap, news of other real and potential disasters, and day to day preoccupations, it's easy to put the suffering of Katrina victims out of our thoughts. It wasn't that long ago, and remembering this helps to keep our own blessings in perspective.

Things have been a little rough for my family for the last several months, but it's started to get much better. The health club and I came to an agreement, and so...I've started seeing Pilates clients in my little studio in my home. I'm starting from scratch because I can't train clients from the club, but it's been a wonderful blessing, never the less. We're all so much more relaxed and happy.

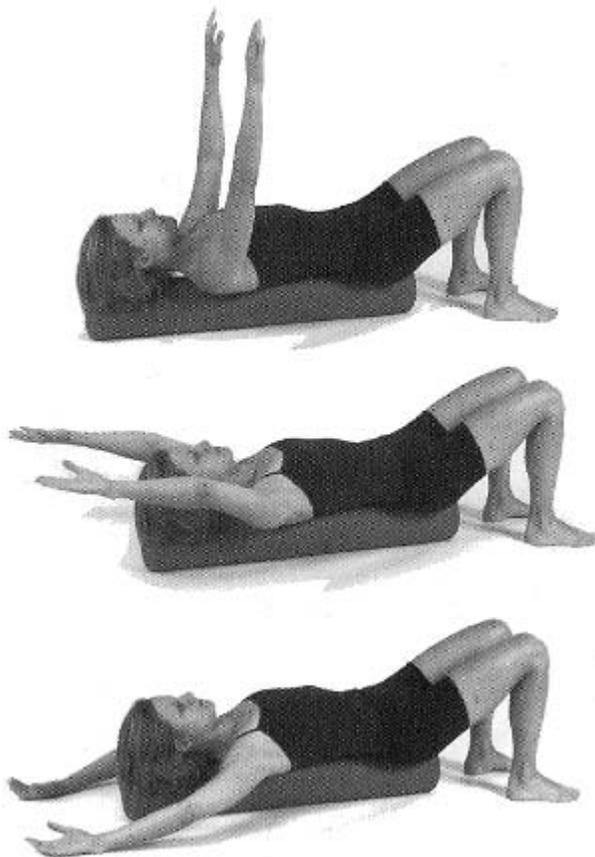
So this has been my thought process, and because I recognize how fortunate I am to have a home and a happier, healthier family, I've decided to have a **Pilates Fund Raiser.....For Habitat for Humanity**. I chose this charity because its results are clear and concrete, and people help to build their own new home. I've always loved the energy, and real results that this charity creates.

From April 1 through April 7, 100% of Pilates sessions taken with me during that week will be donated to Habitat for Humanity. Imagine rebuilding homes, while building your own 'Power House'. People who can't take Pilates with me, but still want to help, can still donate. Any checks received for sessions taken during this week should be made directly to the charity. Please spread the word.

Foam Roll Work; Arm Stretches

I don't believe I've ever seen any archival footage of Joseph Pilates working with clients on styro-foam rolls. I don't think they'd even invented that kind of foam yet. I have seen some great results from applying the Pilates principles to working with this simple devise, so I think Joe would forgive me for using it.

The roll can be used as an analogy for the spine, as the Ped-o-Pole is, except horizontally. It can be used to challenge balance, open the chest and shoulders, relieve gravity's pressure on the lumbar spine, massage, and provide some very strong challenge to the deep abdominals.



I love this exercise for opening the chest and releasing and realigning restricted shoulder and neck.

STARTING POSITION: Lie on your back so that the roller supports your spine imprinted head to tail. Place your feet a little wider than hip width apart. Reach your arms up to the sky, palms facing forward. **Inhale to begin.**

1. Exhale. On the first part of the exhale, think of knitting your ribs down, and then reach your arms backwards toward your ears. Keep feeling the contact of your whole back on the roll; use the upper abdominals to hold your ribs down and to keep the back from arching off the roll.

2. Take two to three slow breaths here. **Relax** into the position on each exhalation. Inhale, connecting shoulders to Power House, and return to start.

3. Repeat until back of hands can comfortably rest on floor.

Imagine your arms originate from your back. As you initiate the movement, keep the shoulders down out of your ears, and the back stabilized flat on the roll.

New Class: Power Walk and Pilates

Start your day with a brisk walk around the lake, followed by Pilates. Perfect. Space is filling fast for these two classes. Call for prices and to register for these 10-week sessions, once to twice/week.

Wednesday Session, 9:15 am, Cupsaw Lake (begins, 3/29)

Saturday Session, 8am, Erskine Lake (begins 4/1)

Contacts and Credits:

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

Please go to my website, <http://www.WholePilates.com> to see what I've been working on, or to get 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.