

Pilates news and other matters  
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## Colleen's Corner



Hi. Summertime, and the living is....Crazy. Why does the major flip-flop schedule change always surprise me every year? In the back of the mind I think "just get to the end of the school year...", then the predictable, yet somehow unexpected flip-flop of my child's and my client's children's schedule occurs, throwing all of us into confusion. Not to mention vacations, graduations, weddings.

Have to admit, though; it's a good kind of 'crazy'. There are worse kinds of interruptions. Hope all of you are enjoying your good kind of crazy.

So here's a lovely bit of news just in time to balance out the summer insanity....Ringwood now has a beautiful new day spa. Paradiso Day Spa just had their grand opening last Tuesday and apparently we've all been waiting for something like this here in town because everyone came 'out of the wood-work' to check it out. Beautiful, beautiful, beautiful, and they have it all. They're at Monksville Plaza above the Alpine Deli. 973-728-2300. Check it out.

Lastly, I'm having a summer special for all my old friends and new acquaintances. Refer a friend, receive a free Pilates lesson. It works like this:

Your friend enrolls for a package of lessons - even an Introductory 3-Pack - and you will be credited with either a free private lesson, or a semi-private lesson to share with your friend. Your choice.

Spread the word, and enjoy your summer.

## *Taming the Teaser*

Unfortunately, I don't have any pictures this month to illustrate this exercise. But it's a good one, and I'll try to get you some illustrations next issue.

The Teaser has been the nemesis of so many who are striving to perfect their performance of the Pilates mat work. I thought this is as good of a time as any to address this wonderful exercise, and make it a bit more accessible to everyone.

A lot of the difficulty with this exercise occurs when students have not yet developed strength in the pelvic floor portion of their Power House. This modification is also particularly useful for people who have very long or heavy legs, or a stiff back.

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You'll need a long, flat Thera-band and a small folded hand towel or rubber pad (if you have one) to place between your knees to squeeze.

Seated on the floor with your knees bent and together, and your feet flat on the floor, engage your shoulder blades down into your back pockets (this helps to connect your upper Power House). Your feet should be on the floor about 12 inches from your hips. (further if your hamstrings tend to be very tight)

Keeping your thighs together (holding the pad), loop the middle of the Thera- band around your right foot and then straighten the right leg into full extension, holding the ends of the band with tension. Scoop your middle in tight against your spine.

Continue to keep your thighs parallel and held together from the pelvic floor instead of from the large thigh muscles. You may find this is a little more possible if you sit with your weight just behind your two 'sit bones', and have your legs held turned out from the hips (knees look outward, not straight up)

With your shoulder blades anchored down and elbows turned outward, and with tension on the band, begin to roll your spine down to the mat, one vertebra at a time, scooping strongly. BREATHE! And scoop more deeply on each exhalation until your full spine is down on the mat.

To return, reverse the process, one vertebra at a time, pulling your navel in further each time you bring another vertebra off the mat. Avoid using your neck and shoulders to come up by keeping the elbows pulling outward and the blades anchored down into your pockets. The band helps support the weight and length of your leg and gives you opposition to pull your navel in against.

Repeat with the other leg. Good luck, and enjoy!

### **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 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.