

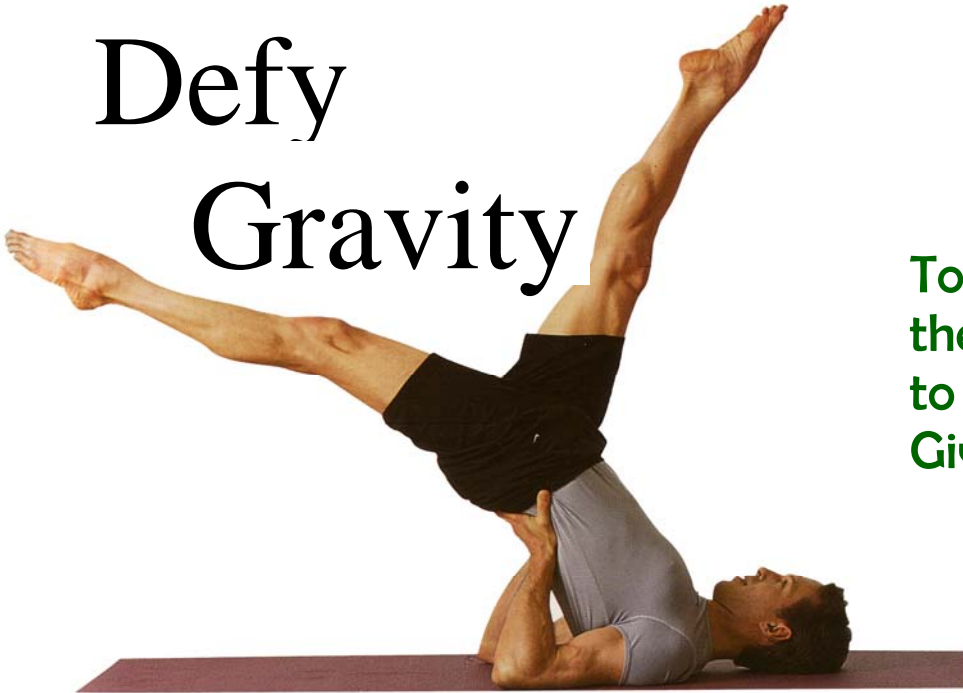
The Scoop

Pilates News and Other Matters

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www.WholePilates.com

Defy Gravity



Resolution Special!

To help you recover from the holidays, **Two Ways to Save / Two Ways to Give:**

3-Packs of Private lessons are a favorite of everyone, but usually reserved as an introductory offer.

Now, until December 25th, You can purchase unlimited Private 3-Packs. A perfect Holiday Gift.



Best Value!: From now thru Jan 15, 2007, **Receive 3 free private lessons when you purchase a 15-Lesson Discount Package.** (over \$340 total savings)

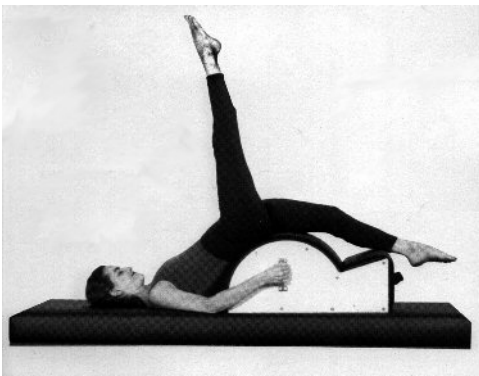
Everyone I've spoken to about this special is pretty excited about it.

Call me today to find out more, or visit my website to learn more about the services. 973-962-1327

Move of the Month: Spine Corrector on the Small Stability Ball

Classic, tried & true exercise - with a new twist; the Spine Corrector leg series on the small stability ball makes this exercise accessible to everyone. We love the heightened awareness of our bodies and precision that working out on the various Pilates apparatus provides, but most of us can't afford to outfit ourselves with a Pilates studio. But as those of us who have been joining me for Mat class know, you can get one great workout on one of these little 12" balls.

The Spine Corrector, though it sounds ominous, was originally developed by Joseph Pilates by adapting half-barrels and kegs as exercise equipment. The exercises are designed to help correct weak areas of the muscles that support the spine, as well as extremes of over or under curving of the natural curves of the spine—but in a gentle yet challenging way. It also allows us to challenge the lower abs at the same time as it stretches over-tight hip joints.



Scissors on the “Barrel”:

On the mat, place the small ball* behind you and with your feet 12-18" apart, recline against it. Place your hands on the floor next to you and “crab walk” back over the ball until it's directly below your pelvis or sacral bone, then carefully lower your upper back, shoulders, and head to

rest on the floor. Your hips will be up on the ball. One at a time, draw your knees into your chest to rest in the start position. (This looks a lot like a fetal position.) Place your hands palm down to the sides of your body on the floor, at about a 45' angle to your body to add stability.

In Pilates stance, lengthen your legs up to a direct vertical above your hips. Using your Power House to stabilize your body and to keep the ball from rolling in any direction, now lengthen your straight right leg towards the floor hugging your midline, while continuing to reach the left to the ceiling. Return the right back to vertical, then reach the left long towards the floor. Continue to alternate legs for 6 to 8 total repetitions while keeping you abdominal strongly pulled in to your spine.

*Use only a small stability ball that is designed to support your weight. Call me if you'd like to know where to find one. As with any exercise, if it doesn't feel right, don't do it.



Colleen's Corner

Maybe no one puts Baby in the corner, but I guess I can put my corner on the back page. Just as well– I get a little tired looking at my mug, too.

What an amazing year! I've met so many wonderful people. And Pilates, like a breath of fresh air, has been welcomed and embraced.

I started the year setting up the studio and reconnecting with neighbors, friends and family that until just recently I'd never had the time to be with. What a joy, compared to the rush rush, drive 300 miles/week life I'd been living. And, to paraphrase what Dorothy said when she returned from Oz, "Why go looking over the rainbow when your heart's desire can be found no further than your own back yard".

I had great pleasure offering introductory education about Pilates at the Ringwood library and de-stressing local teachers after school. New students reported that the Pilates they learned in their lessons helped in all their other activities, whether it be their yoga or Curve classes, or gardening, or climbing through bathroom windows (don't ask).

Most recently, I learned that I'll be published in the new American Journal of Nursing's, American Nurse Today, discussing, what else....Pilates.

With all that I've learned and with all the good people I've met, it's been an honor.

Merry Christmas, Happy Chanuka, and a healthy, happy New Year.

New Classes offered in January:

Tuesday Mornings, 9:30am, Beginner/Intermediate
Tuesday Evenings, 7:30pm, Intermediate/Advanced
Thursday Evenings 6pm, Beginner
Saturday Mornings, 9:30am, Beginner/Intermediate

10 Class Series: \$150,
plus material fee, \$40
Reservation Required.
SPACE IS LIMITED

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>

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