

# The Scoop

Pilates News and Other Matters

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## Happy Anniversary!

Just over one year ago Whole Pilates officially started offering Pilates, bio-feedback, body rolling lessons and personal training to Ringwood and the surrounding communities, and what a wonderful year it's been.

In honor of this event, and in gratitude for everyone's interest and support, we celebrated for a full week in the manner that Romana, my teacher always did.....champagne!

Every Friday afternoon, Romana

would stop everyone in the studio and exclaim "Why so serious? This is fun! Loosen up". She would have us break out little Dixie cups and uncork champagne.

The pure joy of movement is the lesson she reinforced time and again. How blessed and fortunate are those who have embodied the realization that bodies are happiest when they can move fully, joyfully and without restriction.

In Pilates, our breath, the reflection of our emotional tides, eases and directs the flow of our exercise. With pure concentration, our minds



become clear, calm, and centered, making precise control easy and natural.

But while we students were still figuring that out, Romana broke out a sip of the bubbly to remind us to loosen up, and celebrate the gift of life and movement.

### **Move of the Month: Hee Hee, Hoo, Hoo (Ha ha)**

Two areas often lacking in students, even seasoned, experienced students, are the awareness and control of the top of the Power House, where the shoulders connect into the Power House, and where the ribcage is engaged; and the bottom of the Power House, the pelvic floor, essential to strength and stability in the Teaser and all balancing exercises.

Shoulders can be trained to ‘connect’ using the magic circle, or with exercises on the apparatus, such as press down and mermaid on the push-through bar and spine stretch and arm frog on the Wunda chair.

A student can find the rib connection, however, by remembering what muscles get sore when you’ve done a lot of laughing,

Laying supine, cup your hands over the two pointy bones in front, at the bottom of your ribcage. Take a deep breath, then forcefully and vocally say the sound “**Heeee**”. Feel the muscles that are engaged as the rib points pull down and together and flatten into your torso. Repeat a few times until you can feel where the ‘Hee’ muscles are located, and you can breathe with them still engaged. Using these muscles when performing Pilates exercises will help keep inefficient tension out of your upper shoulders and neck.

The muscles of the pelvic floor, when engaged, draw together the two ischial tuberosities, or ‘sit bones’ (the bones you sit on), prevent urinary incontinence, and make a dramatic difference in pelvic and low-back stability.

For many of us it can be quite a treasure hunt to find these muscles. One exercise that can help requires the use of a bath towel that has been rolled and twisted until it’s made a firm cylinder about 6” in diameter.

While standing with heels together in Pilates Stance, place the towel roll high up against

your pelvic floor. Hold the front of the towel roll in both hands. Drawing your low belly in and up, take a deep breath and on the exhalation, squeeze the roll tightly between your upper/ inner thighs while pulling forward on the towel, squeezing to try to keep the towel roll from being pulled out. At the same time, imagine your pelvic floor rising up through your body like an elevator. Release, and repeat. (if the towel roll can be pulled out easily, roll it a little larger, and make sure that you are standing in Pilates Stance with your heels together)



## Colleen's Corner

If you've known me more than a year, you know that Whole Pilates probably wouldn't exist if it weren't for my daughter Kylie and my mother-in-law.

At the point in my life where I decided to start working for myself, it had become abundantly clear for many reasons that my daughter needed me around and that Mom was going through some issues that also required the help of family. We made room for Mom, and I started looking into what it would take for me to train people here in Ringwood.

One year later, Mom's living in San Diego with her friends and comfortable weather, and after several surgeries is healthier and happier, than ever. Ky, my husband, and I are living a life where we can finally stop and talk to one another, enjoy Ky's soccer games, gardening, and meals and movies together.



I still miss my friends and clients from my commuter's life, but I'm getting the opportunity to connect in again with them more often now, as well as enjoying dinners and parties with new friends.

It's been an amazing, difficult, and blessed year, and I wouldn't do a thing differently. Thank you all.

### **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>

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