

Critical Connections in Pilates Mat

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Pilates is all about using the body as an integrated whole, and finding the critical connections throughout the body to achieve healthy and powerful movement. Exploring concepts such as centerline, pelvic anchoring, and other key connective points, this workshop will stretch and expand your understanding of how movement is supported and enhanced throughout Pilates mat work.

Connection: The Breath

Explore: Waiting to exhale...

Exercises: 3 part breath, partner breathing, pranayama techniques

Connection: The Scoop

Explore: In and Up vs. Navel to Spine

Exercises: The Hundred, Roll Up, Roll Over, Spine Stretch Forward, Saw, Teaser

Connection: Centerline

Explore: All Edges In!

Exercises: The Hundred, One Leg Circle, Criss Cross, Open Leg Rocker, Corkscrew, Neck Pull, Shoulder Bridge, Spine Twist, Leg Pull Front, Push Up

Connection: Length & Opposition

Explore: Anchor & Reach!

Exercises: The Hundred, One Leg Circle, The Ab Series, Spine Twist, Side Kick Series, Kneeling Side Kick Series, Swimming

Connection: Pelvic Anchoring

Explore: The Golden Triangle

Exercises: The Hundred, Roll Up, Spine Stretch Forward, Corkscrew, Saw, Teaser, Mermaid

Connection: Prone Neutral Pelvis

Explore: Work against gravity, but it's still the same positioning...

Exercises: Swan, Beats on Belly, Swimming, Leg Pull Front

Connection: Heel to Seat

Explore: Did you know your feet come from your hips?

Exercises: The Hundred, Roll Up, Roll Over, Rolling Like a Ball, Sidekick Series, Leg Pull Back, Seal

Critical Connections and Pilates Mat

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