

Intelligent body movement.

Nickola Evans. Polestar Pilates Instructor.

Return To Life with the Pilates Method.

Using the Pilates Reformer and other small props.

Stage 1. Learning it!

Body awareness & alignment. Discover your pelvis and spine. Learn breathing patterns.



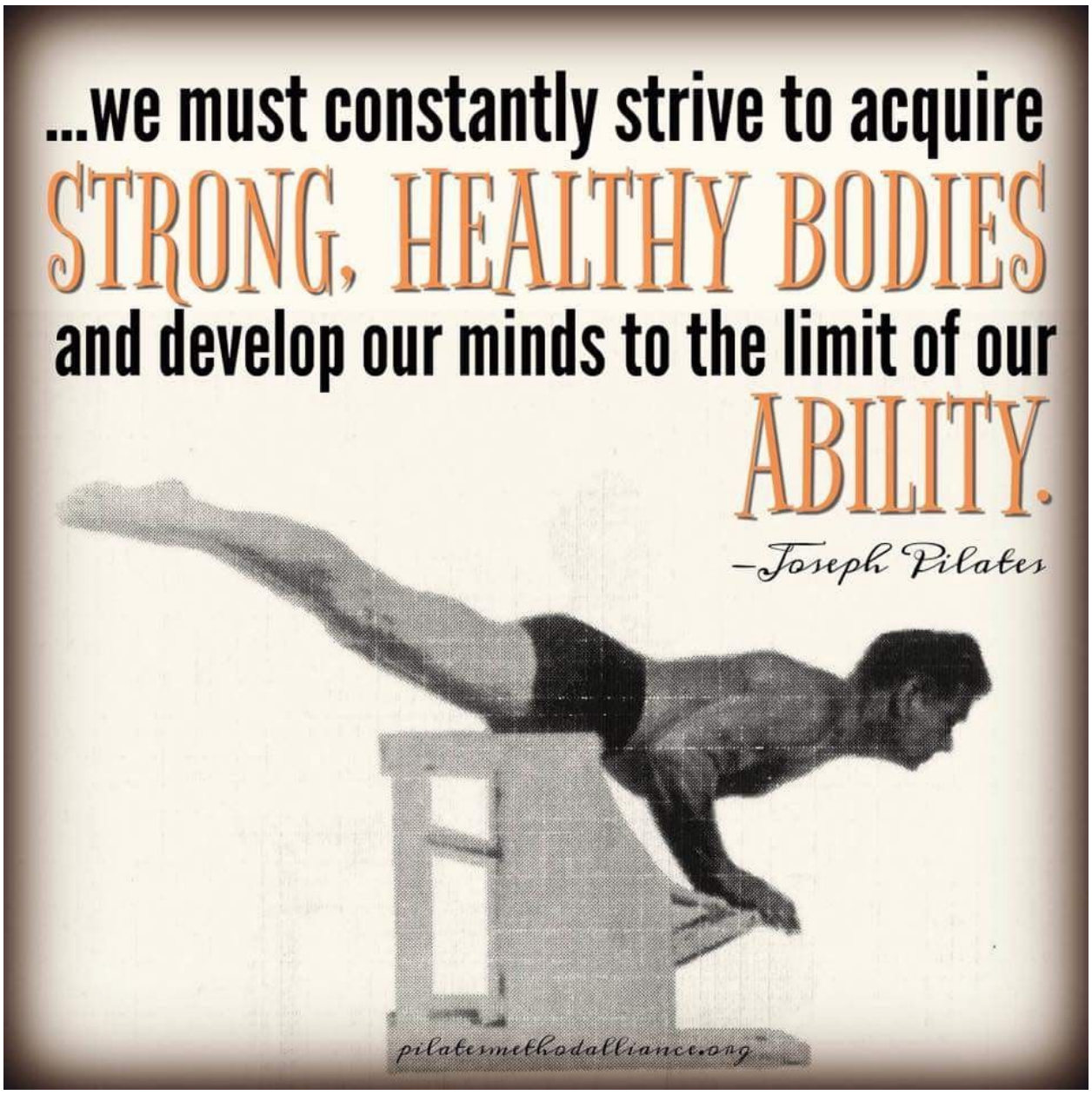
Stage 2. Retain it!



Practice new skills repeatedly. Discover more about segmental control of your spine especially for rotation.

Stage 3. Challenge it!

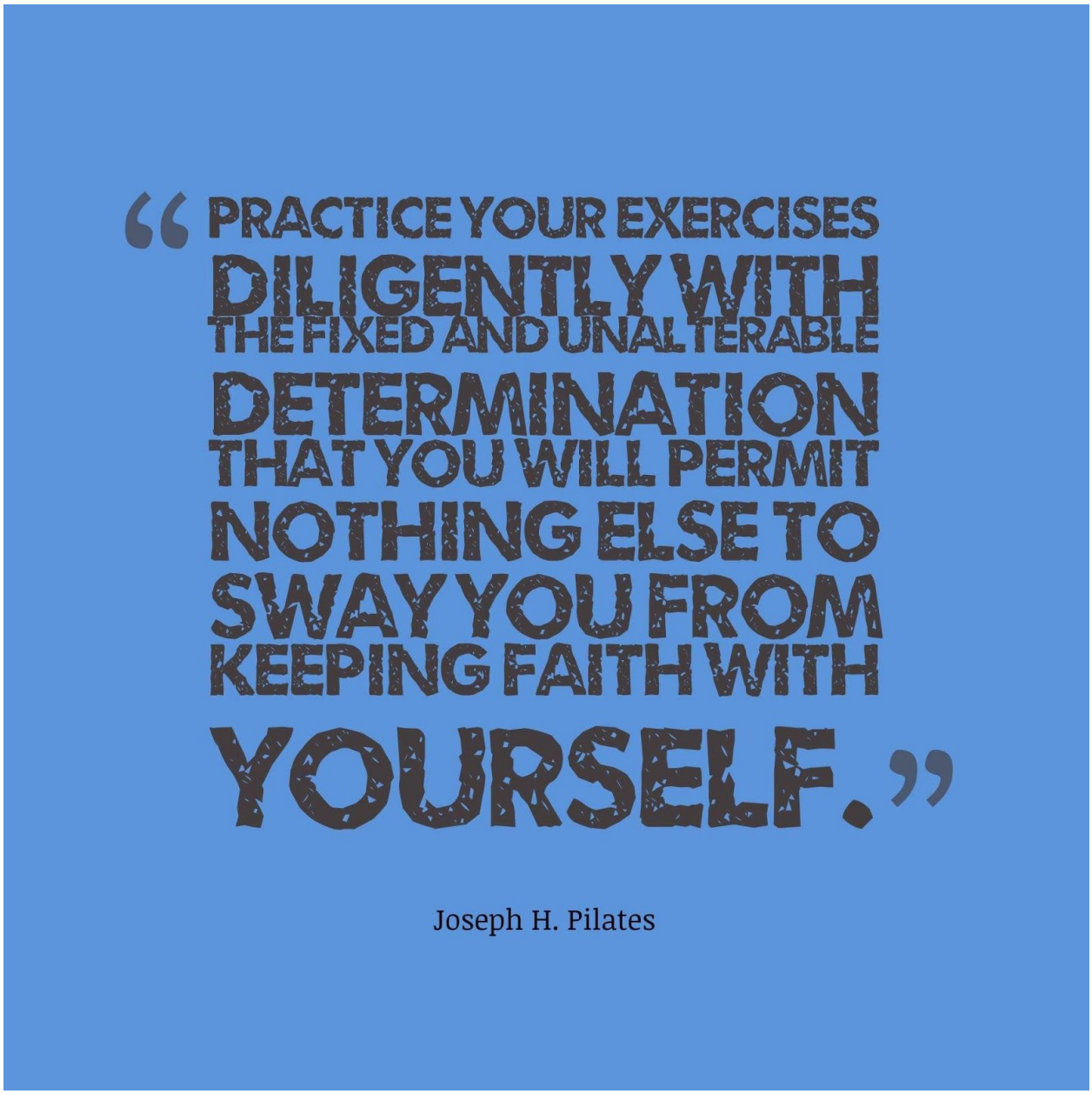
Add loads & resistance, add choreography, keep practicing stages 1&2.



Homework. Do it!

Neurons that fire together, wire together.

Incorporating these practices into your daily life are a vital element to your Return to Life



Stage 1.

Mat work.

Relaxation & release techniques.

Pelvic clocks & Pelvic floor.

Breathing.

Stability work.

Balance control.

Reformer

Bridge

Quadruped

Long box Pulling Straps

Stage 2

Adding to Stage 1 the following

Mat work

Side to side

Reformer

Feet in straps

Side lying legs

Kneeling arms

Standing splits

Stage 3

Still practicing Stage 1&2

Mat work

Extension

Reformer

Rowing

Long Stretch Series

Swan

Homework

Stage 1 Duvet Pilates.

Practiced in bed morning & evening.

Pelvic Floor

Pillow Squeeze

Cat /Cow

Stage 2 Up Against The Wall.

Practiced every trip to the bathroom.

Standing on 1 leg.

Slide up & down

Arm Circles

Stage 3 On The Living Room Floor.

Hip Rolls

Book Openings