



THE PILATES GAZETTE

Pilates and Travel (Part Two)

Why wait until you arrive at your destination to start your Pilates routine?

Here are a few exercises that can be done during your travel, all you have to do is find a wall with empty space around it. A word of advice for in flight travel - do not head for the galley (unless you have the cabin crew's permission). Remember that in today's world of flying; suspicion is high, so again stay clear of the cockpit door. If the only space you can find is near the crew's working or sitting space, always check with your crew that it is ok for you to be there, remember a smile goes a long way, and do explain that all you want to do is stretch and move around.

Standing Roll Down: Stand with your bottom and shoulders against a wall, spine in neutral, feet hip width apart and make sure you move your feet approximately 1-2 feet away from the wall. Shoulders are sliding down your back and relaxed, lengthen up through your spine, keep your abdominals engaged, knees slightly bent and make sure that the weight of your body is evenly spread through your feet. Breathe in to prepare and then as you breathe out nod your chin to your chest and start to roll down towards the floor. Keep your spine long so that as you reach the floor your spine is in a C shape. Inhale at the bottom keeping your head and shoulders relaxed, and then exhale as you slowly start to roll back up initiating the movement from your tailbone sliding down

the wall and visualise your spine stacking itself up on top of your tailbone, trying to move each vertebrae separately one at a time until you are back in your upright position. Repeat 3-5 times.

Standing Pelvic Tilt: Stand in the same position as for the above exercise; *Standing Roll Down*. Breathe in to prepare stabilising the spine by engaging the pelvic floor and the abdominal muscles. As you breathe out (slowly) draw your belly button towards the spine tilting your pelvis so your lower back starts to press and imprints against the wall and then peels away from the wall as you lift the hips off the wall with each vertebrae following one at a time until only your head and shoulders remain touching the wall. Breathe in to hold this position and then exhale return back to the start position retracing your steps by placing the spine back against the wall, one vertebrae at a time, until your pelvis comes back into it's neutral position. Repeat 3-5 times.

Wall Push Up: Stand facing the wall approximately 2 feet away from the wall feet hip width apart. Place your hands on the wall at shoulder level and slightly wider than your shoulders. Make sure your shoulders are stabilised and that your shoulder blades are not squeezed together. Inhale to lower yourself towards the wall, exhale to push yourself back to the start position Repeat 10-12 times.

by Habiba Benchaib & Natasha Lutz

Isometric Wall Squats: Stand in the same position as for the above exercise; *Standing Roll Down*. Breathe in to prepare stabilising the spine by engaging the pelvic floor and the abdominal muscles. As you breathe out (slowly) bend your knees sliding you back down the wall until your knees are at a 90° angle and then exhale to (slowly) push back up through the heels. Focus on keeping your spine in neutral throughout the movement, and make sure that your knees do not go past your toes. Repeat 10-12 times.

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Standing Roll Down



Autumn Studio News

Summer Opening Hours

From the 6th September - 12th December 2010, The Pilates Studio will open on the following days:

Mondays	9:30 - 13:30
Tuesdays	9:30 - 13:30
Wednesdays	CLOSED
Thursdays	9:30 - 13:30
Fridays	9:30 - 12:30
Saturdays	9:30 - 13:30
Sundays	CLOSED

Instructors

From 6th September 2010 Natasha Lutz returns as the principle Pilates Instructor. Prices for classes with Natasha can be found on the studio website; www.pilatesgstaad.ch

Sadly we say farewell to Lauren Young whom is returning to Australia to pursue a future in Physiotherapy. It has been a pleasure to have Lauren in Gstaad for the past 3 years. She has been an invaluable part of the Pilates Team and will be missed by all.

Pilates and Travel

Shoulder and Chest Stretch:

Stand side on to a wall or in a doorway. Place your forearm against the wall or door frame with the arm at a 90 degree angle. Move the leg closest to the wall/door frame forward into a lunge position. Now your elbow should be positioned behind your chest allowing you to feel a gentle stretch across the front of the chest. Hold for at least 30 seconds and then change sides.

Hip Flexor Stretch:

Stand next to a wall (for support) feet hip width apart and take a step forward coming into a lunge position. Keep your body straight as you lower the knee of your back leg towards the floor, keep the pelvic floor and abdominals engaged. Do not be tempted to lunge towards the floor. Instead lift the body nice and tall keep the spine straight and gently press the hips forward squeezing your gluteal (bottom/hip) muscles. You should feel a gentle stretch up the front of your back leg into the hip. Hold for at least 30 seconds and then change sides.

Seated Pretzel Stretch:

While in your seat, sit up nice and tall, cross one ankle over the opposite

knee. Take a deep breath in and as you breathe out slowly bend your body forward over your legs. Keep your spine and the neck long, do not be tempted to round your back. Keep the shoulders stabilised and the legs relaxed, breathe deeply into the stretch. Lift up on an inhale and reach deeper into the stretch on the exhale. Add an ankle roll at then end of the stretch, rolling the ankle 6-8 times in each direction. Hold for at least 30 seconds and then change sides.

Seated Cat Stretch: While in your seat sit up tall and open the legs as wide as the seat will allow. Start to



Seated Pretzel Stretch

10 Week Group Pilates Equipment Course

During Autumn Natasha will be teaching a Saturday morning small **10 Week Group Pilates Equipment Course**. The weekly classes will consist of some group exercises plus some client specific exercises so each participant can work on their own individualised program.

There is only one space left on this course so anyone interested should contact the Studio as soon as possible; 033 744 10 81 or info@pilatesgstaad.ch

New Toe Socks

From the middle of September 2010 the Studio will be retailing a new line of Pilates/Yoga Toe Socks with anti-slip soles.

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roll your spine down as you exhale, sliding your hands along your legs until you reach your ankles. When you get at the bottom take a breath in and extend your back, lengthening the spine into an extension. Breathe out as you engage your abdominals and round your spine into cat position slowly rolling up, finishing the movement on the inhale stacking the spine back up one vertebra at a time. Repeat 3-5 times.

Neck Stretch:

While in your seat sit up tall and put your hands behind the head with the fingers locked (have the hands close to the top of the head) bring your elbows forward and gently pull your head down towards your chest. Make sure you keep the spine straight and the shoulders down. Let the weight of your elbows gently pull your head into the stretch, hold the stretch for a count 5 breaths and then slowly turn your head to the side as if you were trying to look up (hold for 5 breaths and then switch sides). Keep the head lowered and the elbows pointing down. Make sure you always come out of the stretch very slowly.

