



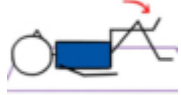
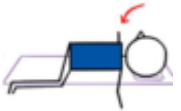



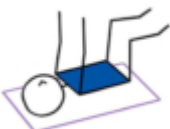
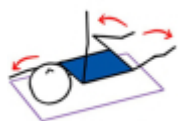




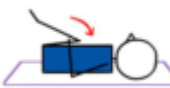




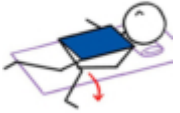



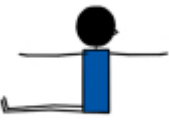


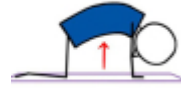
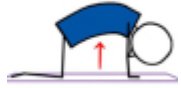
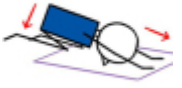
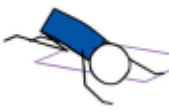




Beginners Matwork Pilates Workout: Mobility, Flexibility & Coordination

 <p>Supine Pilates Breath</p>	 <p>Arm Float One Inch</p>	 <p>Arm Float</p>	 <p>Cervical Nod</p>	 <p>Ankle Circles</p>	 <p>Lying Trunk Rotation</p>
 <p>One Leg Circles</p>	 <p>Half Heel Slide</p>	 <p>Ankle Circles</p>	 <p>Dead Bug I</p>	 <p>Dead Bug II</p>	 <p>Adductor Lift</p>
 <p>Side Kick</p>	 <p>End Of Sequence</p>	 <p>Relaxing Position Breathing</p>	 <p>Knees To Chest</p>	 <p>Finding Neutral</p>	 <p>One Leg Stretch</p>

 <p>One Leg Circles</p>	 <p>One Leg Stretch</p>	 <p>Lying Twist</p>	 <p>Bridge</p>	 <p>Bridge Arms Raises</p>	 <p>Rolling Back</p>
 <p>Spine Twist</p>	 <p>Saw</p>	 <p>End Of Sequence</p>	 <p>Cat Camel</p>	 <p>Cat</p>	 <p>Extended Child</p>
 <p>Extended Child Twist</p>	 <p>End Of Sequence</p>	 <p>Supine Breathing</p>			

Lesson Plan Description:

This is a beginners Pilates matwork class. The students will learn the basic Pilates principles and ABC alignment, breathing and being centered. The exercises help to improve mobility, flexibility, coordination, concentration and breathing.

1. Breathing & ABC
2. Breathing & movement
3. Correct form & fluidity
4. Lengthening & stretching
5. Balance & Strengthening
6. Mind and body connection