

## LOLITA SAN MIGUEL'S "A TRUE PILATES STUDIO RXPERIENCE "

We will explore and select movements from our vast repertoire to provide a varied experience and workout adapted to the client's special needs.

As teachers we want to provide a workout for the whole body for those who seek to be more fit and challenged like the elite athlete and dancer. We also need to address the needs of those seeking rehabilitation and those who need both fitness and rehab. Joseph Pilates did this on a daily basis and gave us the tools for us to do the same.

From the moment clients enter the studio, they must be directed to the apparatus or mat where we relax them, start them breathing, integrating mind and body and warming.

The teacher will choose on which apparatus to begin class. Sometimes it is best to start the class at the Cadillac with Mat then proceed with some Cadillac technique before going to the Reformer.

The small studio owner has the challenge of deciding the logistics of moving the clients, whether they are duets or move through their paces at the different stations.

Since the class time is limited generally to an hour, in order to accomplish an effective Studio experience, one must pace the time properly. This is no easy feat.

### **Mat or Seated on Cadillac**

Breathing, mind-body connection, integrating with Mat-Core awareness, warming up spine, feet

### **Cadillac** – open end

Roll down bar flexions

Turn around – breathing feet on trapeze and leg springs

### **Tower**

Spine stretch, Around the World, shoulder work, Carola's Bent Knee Roll Up, Teaser

### **Reformer**

Footwork, Spine Articulation, Arms, Femur work, Lateral Flexion (Mermaid), Knee Stretches, Eve's Lunge, Elephant

### **Chair**

Standing footwork, Spine flexions, Inverted V

### **Barrel**

Spine flexions – supine, prone, lateral, bridging and rollup (crunches)

### **Cool Down** - Post Pilates