

Pilates and The Small Ball.



www.modernpilates.co.uk 01943 879816

Presented by Cherry Baker Sal Russ and Anne Baine.

This session will cover mat work exercises with a small ball. Modern Pilates believes in teaching standing stability and functional movements as part of a Modern Pilates classes however as most of us will have been able to partake in lots of standing work at today's convention I thought we could all do with a lie down! Using the small ball is a cheap and effective way to increase the difficulty or change the emphasis of an exercise.

Most of the exercises will be reproduced from the normal Modern Pilates movements.

Equipment: small ball and yoga block or pillow.

| Basic position | Comments |
|------------------------------------|---|
| Supine 1 | |
| Basic bleps in supine position | Teach without the ball to prepare the body and mind then add the ball and reinforce the teaching points |
| Knee lift | Ball under sacrum |
| Knee drop | |
| Arm pullovers | |
| Hip roll | Ball between knees |
| Chest opener | Ball in hands |
| Combine hip rolls and chest opener | |
| Heel slide | Ball under sacrum |
| Heel slide and arm pullover | |

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|---|--|
| Side Lying Semi mermaid Inside leg lift Lower body Rotation (double clam) Side open door Side bend | Ball above the ankles Ball under bent top leg Ball between knees Head on Yoga block ball in top hand – look at ball as thoracic area rotates Ball in top hand – arms goes over head in straight line |
| Supine 2 Toe taps from above Single leg stretch Single leg stretch with hands off floor Single leg stretch hands down add thoracic flexion | Ball under sacrum (Teach skull rock and thoracic flexion separately then add it to leg movement) |
| Prone Prone squeeze Kneeling leg pull Come up into standing | Ball between thighs Ball between knees Ball between knees – Monkey Squat tension off ball on lowering phase |

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Our workshops are open to all qualified Pilates instructors

DVD'S can be bought from www.inhousel.com 01457 858555
www.cherrybaker.com for Pilates articles and handouts

Many Thanks for attending!