



Return to life - Online workshop session 1

The Hundred
The Roll Up
The Roll over

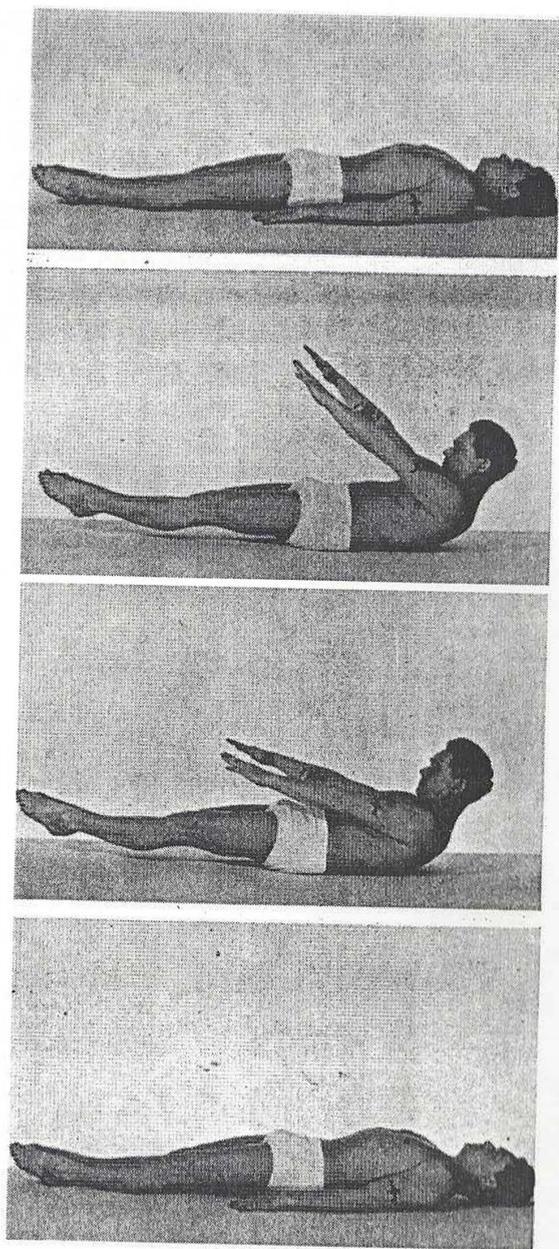
We will use some props during this session. If you have them at home feel free to use them. If you don't have access to them that's okay, you can do all the exercises and versions without props.

2 small balls like Franklin Easy Grip balls or tennis ball size, or similar
1 large soft ball like the Triadball or similar
1 bar or a pole or a broomstick
Spine corrector, or short box or footstool, or pillows for under knees
Small stool or yoga block or something to put one foot on while you are standing

In the next 4 weeks we will look at the 34 mat exercises written down by Joseph Pilates in his book "Return to Life through contrology".

It was written as an at home workout practice. You received the pictures when you registered. If you have looked at the pictures or if you have read the book, many people think that many of these exercises are way too hard/difficult for me or my clients. We hope you had a chance to read the flyer/brochure Return to Life that you received when you registered. We received this flyer and the pictures from one of our clients when we were teaching in NYC. The flyer/proposal was for the start of a project called "American Foundation For Physical Fitness". In it Joe writes; **"Hence Contrology's method must be rigorously scientific: in accord with the dictates of human anatomy, physiology and psychology."** We feel it is therefore essential to integrate the latest science and understanding of anatomy, physiology and psychology into the method in order to stay true to the intent of the method. If we just do the exercises as he wrote them without integrating the latest science we believe we would be going against his intent. So in the next 4 weeks we are going to "dissect" the exercises and the cues written, add science to it, and put it all together so that you understand the exercises and Joe's intent in more detail and depth. For this we will use the principles of Spiraldynamik. Spiraldynamik is a therapy and movement model that was created almost 30 years ago in Zurich by Dr. Christian Larsen and French physiotherapist Yolande Deswarte. Spiraldynamik is a way to look at the body and creates a roadmap of how the body moves. For a quick overall explanation you can visit YouTube www.youtube.com/watch?v=fxkmHfHPOBk&t=51s





1. The Hundred

INSTRUCTIONS for "The Hundred"

- Pose 1**
- (a) Take position illustrated
 - (b) Lie flat with body resting on mat or floor
 - (c) Stretch arms (shoulder-wide, touching body, palms down) straight forward
 - (d) Stretch legs (close together, knees locked) straight forward
 - (e) Stretch toes (pointed) forward and downward
- Pose 2**
- (a) **INHALE SLOWLY**
 - (b) Lift both feet about 2" above mat or floor
 - (c) Raise head with eyes focused on toes
 - (d) Raise both arms about 6" to 8" above thighs
- Pose 3**
- (a) **EXHALE SLOWLY**
 - (b) Raise and lower both arms (tensed)
 - (c) From shoulders only
 - (d) Without touching body
 - (e) Within a radius of 6" to 8"
 - (f) Mentally counting 5 movements while
 - (g) **EXHALING SLOWLY**
 - (h) Alternating with 5 similar movements while
 - (i) **INHALING SLOWLY**
 - (j) Begin with only 20 movements and
 - (k) Gradually increase them in units of
 - (l) 5 additional movements each time until a
 - (m) Maximum of 100 movements is reached
 - (n) Never exceed 100 movements
- Pose 4**
- (a) Relax completely

REMARKS

At first you probably will not be able to carry out instructions as illustrated in poses - this proves why these exercises and all succeeding ones will benefit you. However, with patience and perseverance you eventually should succeed in achieving the ideals as posed - with accompanying normal health.

1.The HUNDRED

Joe's different versions:

- Lift everything up at the same time
- With bar

Analysis

Starting position:

In his book he describes the starting position as “Lie flat with body resting on mat or floor”

Elongation of the spine

The idea of the spine being flat on the mat comes from the concept of elongation of the spine, or the concept of opposition.

Supine elongation of the spine

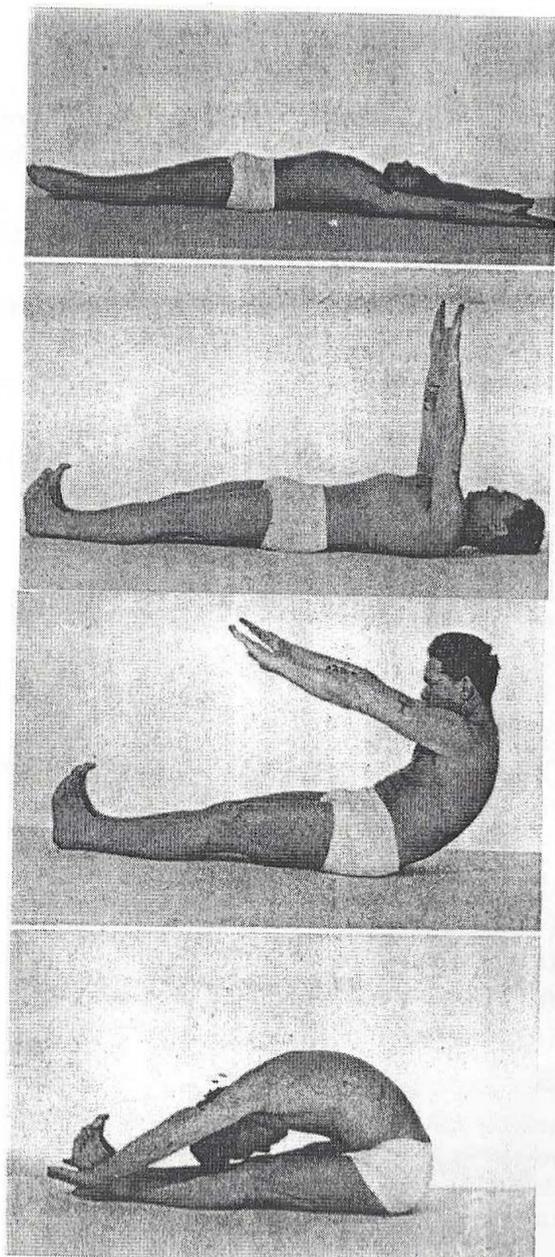
The spine - bones

Lifting the head

Lifting the legs

Build ups





2. The Roll Up

INSTRUCTIONS for "The Roll Up"

- Pose 1**
- (a) Lie flat with entire body resting on mat or floor
 - (b) Stretch arms (shoulder-wide, palms up) straight backward
 - (c) Stretch legs (close together, knees locked) straight forward
 - (d) Stretch toes (pointed) forward and downward
- Pose 2**
- (a) Begin **INHALING SLOWLY** and bring arms (shoulder-wide) straight forward to upright right angle position and
 - (b) Toes (pointed) upward
- Pose 3**
- (a) While still **INHALING SLOWLY**
 - (b) Bend head forward and downward until
 - (c) Chin touches chest and then
 - (d) Begin **EXHALING SLOWLY** and
 - (e) Start "rolling" slowly upward and straight forward
- Pose 4**
- (a) While **EXHALING SLOWLY** finish
 - (b) "Rolling" forward until
 - (c) Forehead touches legs and then
 - (d) Begin **INHALING SLOWLY** while returning to Pose 3 and Poses 2 and 1

NOTE:

Repeat the foregoing exercise three (3) times, trying with each repetition not only to stretch the entire body more and more but also to reach farther and farther straight forward as indicated.

CAUTIONS

Pose 1 - Entire spine must touch mat or floor. Tense body (do not bend arms or legs).

Pose 3 - Press both legs against mat or floor; if at first unsuccessful, placing cushion on your feet will materially help you.

Pose 4 - Legs must remain flat on mat or floor (knees locked). Palms must remain flat on mat or floor (arms stretched straight forward).

REMARKS

This exercise strengthens the abdominal muscles, and restores the spine to normal.

2.The ROLL UP

Joe's different versions:

Pole, strap and pulses

Strap

3 pulses

Analysis

Starting position:

Pointing and flexing of the feet

Siting

Standing

Rolling through the spine

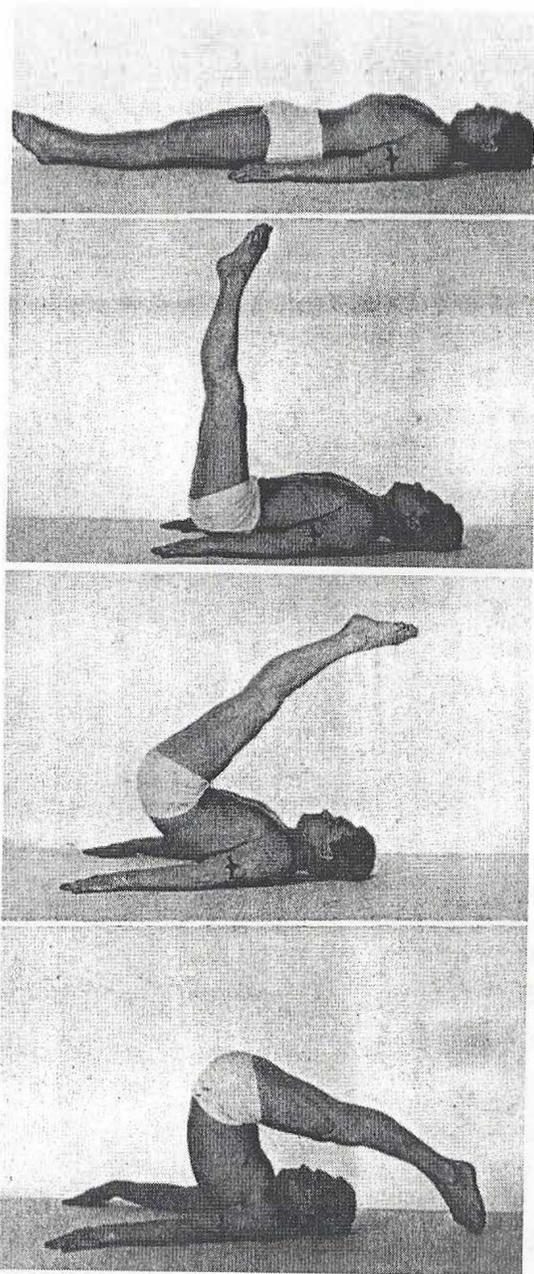
Bones

Standing roll down

Roll up - Feathering

Roll up - with Triadball





3. The Roll-Over With Legs Spread (Both Ways)

INSTRUCTIONS for "The Roll-Over"

- Pose 1**
- (a) Take position illustrated
 - (b) Lie flat on mat or floor
 - (c) Stretch arms (shoulder-wide, touching body, palms down) straight forward
 - (d) Stretch (close together, knees locked) straight forward
 - (e) Stretch toes (pointed) forward and downward
- Pose 2**
- (a) **INHALE SLOWLY** and
 - (b) Begin raising legs upward and over until
 - (c) Toes touch mat or floor
 - (d) **EXHALE SLOWLY** and
 - (e) Press arms firmly against mat or floor
 - (f) Spread legs as far apart as possible
- Pose 3**
- (a) **INHALE SLOWLY** and
 - (b) Begin "rolling" slowly downward with
 - (c) Both legs (tensed) straight (and spread as for apart as possible)
 - (d) Until spine touches mat or floor
 - (e) **EXHALE SLOWLY** while
 - (f) Returning to position illustrated in next pose below
 - (g) With legs about 2" above mat or floor

NOTE

Repeat foregoing exercise five (5) times with legs close together at the start of first movement and five (5) times with legs spread apart as far as possible at the start of the second movement.

CAUTIONS

Pose 3 - Keep legs (tensed, knees locked) as far apart as possible. Roll downward slowly from one vertebra to another.

Pose 4 - Keep back and head firmly pressed to mat or floor.

3.The ROLL OVER

Joe's other versions:

Hold the pole

Flexibility of the backline

Strength in the upper back and shoulders

Shoulder bridge with arms down

Opening of the legs

Build up

