

The 5 Basic Principles Check List



Breathing– learning to breath “east and west” across the mid back rather than the chest to engage your core muscles and support stable movement– Breathing also helps us relax and focus on efficiency of movement.

Scapular Stabilization– learning to stabilize your shoulders away from your ears by connecting to the muscles underneath the scapula and downward into core muscles. We need less activation from on top of our shoulders and neck and more from beneath the shoulders to aid in posture and muscle balance. This is a function of connection and flexibility in the chest , shoulders and mid back muscles.



Rib Cage Placement– Learning to knit your ribs downward and inward is important as half of your core muscles rest on top of the ribs. When your ribs are popping or open, you are not fully engaging your core muscles and may compromising your shoulder stability. Learning to engage your obliques gives greater stability and focus to every movement.

Pelvic Placement– There are two different pelvic positions: neutral and imprint. Neutral spine is when the hip bones and the pelvis are in the same plane. This is the most efficient and shock absorbing position to create movement from, so neutral spine is our ultimate goal in Pilates training. However, we may use the imprint position to help establish the core connection needed to be able to find and maintain neutral spine position later.



Head Nod– Proper placement on the head and neck is important as the head is the top of the spine. When flexing forward to engage abdominals, you will be lifting from your obliques on top of your ribcage– not leading with your head and neck. Learning to lead with your core muscles instead of your neck is essential to good form.