



SUMMER 2015 NEWSLETTER

MON 1 JUNE – MON 6 JULY
TUES 2 JUNE – TUES 7 JULY
WED 3 JUNE – WED 8 JULY

6 WEEKS = £48.00

(Please note there has been a small increase of £1 per class)

(Mens Monday class is £7 per class due to shorter duration - £42.00 for 6 wks)

HOLIDAY CLASSES IN AUGUST/SEPTEMBER – I will let you know as soon as I know.

THE PSOAS MUSCLE – You may have heard me mention it so what is it?

The psoas functions in initiating hip flexion, so lifting your knee;

It attaches from your spine to your upper thigh;

It is the 'muscle of the soul' and is the deepest muscle of the human body affecting our structural balance, muscular integrity, flexibility, strength, range of motion, joint mobility and organ functioning;

It is connected to the diaphragm through connective tissue or fascia, which affects both our breath and fear reflex;

A relaxed psoas is the mark of play and creative expression. Instead of the contracted psoas, ready to run or fight, the relaxed and released psoas is ready instead to lengthen and open to move. In Pilates, the thighs can't fully rotate outward unless the psoas releases. A released psoas allows the front of the thighs to lengthen and the leg to move independently from the pelvis, enhancing and deepening the lift of the entire torso and heart.

PAYING ON-LINE IS A REALLY CONVENIENT WAY TO PAY

**Please make cheques payable to Pam's Pilates.
or make a payment to:**

**Intelligent Finance Sort Code: 119100 Account Number 02889122
Ref: Your surname**

Pam Downing

Pam@pampilates.com

07891 387701

www.pdowning@dbkltd.com