

Hi, my name is Simona Cipriani. I'm here at the Art of Control in Stamford, Connecticut, and I am here with Christina, Leslie, Ingrid, and Joseph, um, for Pilates day. So Happy Pilates day. Today is, uh, May 4th, and we're really happy to do some network with you. So please follow us.

It's going to be a short but sweet one. So. So we're going to start standing in the middle of the room. Take a deep breath in. Open the chest. Soften the elbows, knees, hips, join of your ankles and go under. 1, 2, 3. Come up and take the arms up to the ceiling.

Open the chest, the heart, the breath. Now squeeze your fists as you go under. And make sure your arms are going to be almost parallel to the floor. Like if you're reaching with the arms in the back of the wall behind you. And go back more each time. And again.

1, 2, 3. Gentle pulses, gentle bending, stretching, and opening up the front of the body. And now the back of the body. Two, three. Last time. Come up. Take a deep breath in. Take the arms behind your thighs. Look up to the ceiling and breathe out a little further.

Gentle with your back and come back up. Now we're gonna go a little bit to the side, just to open up the side body, lengthening the spine. Take a deep breath there. And then come up again. And exhale. One more. Inhale, exhale. Reach, reach, reach with the other hand, like if you are touching the knee a little bit.

And then down. One more. Inhale, exhale. And come up. Exhale again. Last one. Inhale. Breathe in through the nose. Make sure you filter the air. Breathe out through the mouth to feel it all the way down. And squeeze those lungs. And let's work a little bit on feet. Jump very low.

Imagine you have the ropes there, right? So you just soften the knees, soften the joints, but keep your powerhouse strong. So. So, one, two, three, four, five, six, seven, eight, nine. Now one leg. Four, two, three, four, 5, 6, 7, 8, 9. 10. Again. 2, 3, 4, 5, 6, 7.

Together. One, two, three, four, Five, six. And up, uh, and out. Two, three, four, five. Now front and back. Front, back. 2, 3, 4, 4, 5, 6. Switch. And 1, 2, 3, 4, five, six, seven. And let's switch. Two, three, four, Five, 6, 7. And last time. Two, three, four, 5, six, seven.

Together. Ready for the hundred. Let's go back to the mat. Well, let's go to the mat. And now let's have your feet crossed over. Make a strong fist in the front of you to help you balancing. And see if you can really stay on your ankles, bringing your feet outward, bending your knees.

Like if you want to do a little squat and then come back up again and again. I like to trick a little bit so nobody's prepared. We haven't done any rehearsal here. And then again down. So you always want to be really ready to move no matter what you do, so that your body, it's always in alert.

And now let's go down

and then do the variation that you can. So if you want to start with the knees bent, please do. If you want to start with your legs straight to the mat, do too. And I'm going to walk you through all of them. Chin to chest. Pull the stomach in.

And let's go for the hundred. Inhale and exhale deep. Through your mouth, through the nose. And exhale. Remember to keep the chin really tucked in. That's important because you want to maintain your head, the weight of your head on top of your shoulders. And exhale deep. This is five.

I like the arms in front of you above the pelvis. This is how Joseph Pilates did it. It says 6 to 8 inches above your thigh. Thighs, not the mat. Good. In through the nose. Exhale out. Two more. And now reach with your arms. Lower your legs, if you can, to your eye level.

And last. 1. Inhale, exhale deep. 2. 3. And then reach long. And then come up. Take the arms above your head. Raise your shoulders to the ears. Now bring it down into the mat. Make it very clear. Toes are up, heels are forward. Chin to chest. Roll up. Take your hands on the mat and go forward.

1. Go forward. 2. Little deeper. 3. And then go back down. Point your toes. Lift the shoulders up. Reach it to the ears. I want to see you really lengthening your body as you go back with your arms. And now drop the shoulders into the mat. Toes up to the ceiling.

Pointed to the ceiling. Now roll up. Hands on the mat. Reach one. Reach two and three and come back. Lengthen the arms up. Breathe out. Let's focus on your breathing again. Inhale, exhale all the air out of your lungs like somebody's blowing into a little balloon. So you really want to take the breathing in and then emptying the lungs out.

So now you're going to have your arms by your side. Let's do one little stretch. Take the right up to the ceiling. Give it a little stretch for a second. And then flex the other ankle all the way down. Now focus on your inner thighs. Squeeze the inner thighs together.

Touch the heel into the big toe on the Left and circle the right leg up and again. Lift and cross. And I want to see you really focusing and thinking of these muscles coming together. And then around, cross and then around, cross and then around. One more. Now we're going to

trick you.

Ready? Change your legs. Now reverse. Point your toes. Flex the left, the right side. And lengthen the left foot out there. Cross it over. One and up two and up three and up four. And one more. And breathe out. Take the leg all the way down. Now reverse with your left side.

Out and in. 1. Out and in. 2 out and in. 3 out and cross and reach. Leg down. Flex your left foot again. Point the right and go out and forward. Out and cross. Out and reach. Two more. Exhale. Lengthen the neck. Remember every time. And let's do last time to come up to sitting from here.

Can you roll up? Bend your knees and find your balance right away. Don't touch the mat. Rock back, roll up. So this is the rolling back. Use your stomach to fall and then lift your hips up in the air. Good. And keep it tight. You can also modify this with your hands behind your knees.

That's okay, too. If you have a knee problem, make it a little easier. Ready for the up series? Let's go down to the right. Right leg in. Give it a good hug. Uh, pull it. You want to have your thighs in the chest. And squeeze the lung. Squeeze the right lung.

Squeeze the left. Squeeze the right. Left, right, left, right, left. Ready for the double together. Out. 1. Hold it down like a nice, strong soldier. Exhale in two. Joseph Pilates had the arms right here. Like a strong soldier. You can stand on the abdomen there. And in, out and in.

Now we can also go around. You want to go around, girls? Let's go. One. Around two. Around three. Around four. Around five. And six. And seven. Lift the bottom up. Seven, Eight. Seven. Sorry. I'm small, so I can fit in this mat, but some people can't. So you can do this at home on the other side.

Keep going. And up. Uh, and lift. And out. Uh, and lift. And out. And lift. Remember to lift the bottom like you do the rolling. Like a ball. Right. Switch your hips up in the air. I know this was supposed to be a easy one.

Then we do that Hall. All right, let's go all the way to the spine stretch. Take a deep breath in. Exhale the air out. Now go forward. 1. Go forward. 2. Go a little further. 3. And inhale. And come up. Keep your hands on the mat. Flex your feet.

Keep your head down a little bit. You got it. And you go out 1. Out 2. Deeper in the breath, squeeze your abdomen. Inhale and roll back up. That's right. And again. Exhale. 1. Exhale, 2. Reach a little further. 3. Inhale and come up. Bend your knees. Let's find a little balance.

Hold it there. Hold it. Pull the stomach in. Imagine that somebody's hugging from behind. Pull in, pull in, pull in. Make sure you really feel the abdomen. You don't have to rock, but if you want to rock, go ahead and rock back. Or you can just stay there and find your balance and count, uh, 30 seconds right here.

And rock back. Rock up and hold tight. Tight. Inhale, exhale up and scoop again. Inhale, exhale. Massage the back. This is the best exercise ever. And as you know, many times, Hannah, uh, we always say this. This was Joseph Faladis favorite exercise. Feet together. Leave it there. Roll slowly down, hands by your side.

Little corkscrew. Let's go from right, left, center, and then from left, down, center. Now, if your back is a little tight, you could do with your hands under your buttocks here, making a little tripod with your hands or triangle so you can protect your back a little bit. Okay?

Not. You can leave it there. Now lift the leg over your head and then go to the left smoothly down over one more. Inhale and exhale. Last one. Inhale from side to side, like if you're doing TikTok. Now come up. Let's have your arms to the side. Twist tall to the right.

Listen to my words. Nice. Because I know this is going to be a little different. So twist to the right as you go with your little finger to the little toe. You're going to twist your body a little more. One, little slow motion. Two, little slow motion as you twist more.

Three. And come back. So watch me on this side. It's not just the flexion, but it's also the rotation. So you're not just flexing and going forward. You're flexing and you're twisting. One, twisting. Two. Twisting three. And come back up. I love it. Twist and go. 1 and 2 and 3 and come up.

Good. Makes a nice tiny little waistline. 1. Who doesn't want to do that in the summer? 2, 3. Exhale. Now let's make it smooth. Go. 1. Breathe, breathe more, twist more. Take the arms behind you a little higher. Last one. Exhale. 1 and 2 and 3, come up. Let's swing your legs around everybody so we can go onto the stomach facing the front.

Now, I like this one. To prepare for a little bit of an extension with your hands to the side of the mat. This is like a little grasshopper position with your arms and elbows out, palms are facing you, and the fingers are facing out. You're going to lift your head up first.

Shoulder back. Extend the arms and the elbows. Look up straight. Pull the stomach in. Really feel very solid in your shoulders. And then slowly come back down. You can touch your forehead very lightly. Look up first, Then lift the shoulders off the mat. Then with your palm,

press down to curl your upper body toward the ceiling.

You want to feel like your legs are still unit, as a unit. And then you come back down. Now you're going to stay out there. Ready? Come up. Circle the head side and then other side. So now we're going to prepare for a little swan, small swan. So come down and start rocking back and forth.

Palms are facing the ceiling. Thumbs are up. And go up and up and up and up. Uh, sit on your heels. Small swan. Good. Cross your ankles. Bring your legs over to the front. And now we're going to go into the neck. Pull. You are going to open the elbows.

You're going to close the elbows and close your ribs. You're going to go down halfway and come up. Exhale the air. Touch your elbows onto the mat. 1, 2, 3. And open really wide. Inhale, exhale. Reach with the heels, Go down halfway. Come back and bring your elbows to the mat.

One, two, three. Open wide. And again. Last time. Squeeze, Exhale, Come up. Breathe. Uh, 1, 2, 3. And now my best one. I love this one. Ready? Jackknife. The way he did it was going over, was going up. Now exhale. Hold it halfway and slowly come back. You can stay to 90 degrees or you can go all the way down again.

Okay, it's up to you. Use your abdominals to lift the legs over. One. Up. And two. Now down. Hold it. And now smoothly come down. Last one over and up. Open the palms to the ceiling. Change your hand position. Push with the back of your arms or the forearm.

And lift your feet higher. Let's do like a candle. So when you be right on the candle position, now close your arms. Exhale into the low back. Slowly. Slowly. Come in. Good. Bend your knees. Take your head in. Let's roll a tiny little bit. Come up and down. Massage your spine slowly.

Good. And, um, bigger. Until you come all the way up to sitting. Find your balance. Good. Now extend your legs again. Let's spin around for the last time onto your stomach. This time you're going to have your arms in front of you are by the shoulders. Level. Inhale. Lift the chest up.

Hold it there. Slowly. And then slowly come back down one last time. You're going to flex your toes under you're going to bring your hands under your shoulders. Come up into a plank.

Strong stomach. Hold it. Lengthen the neck. Shoulders down, stomach in. High heels. Now you're going to lift your hips up. Walk with your toes up. Bring your feet, ah, towards your hands. Slowly come up to stand. Roll up, roll up tall. Good. And then, um, from here we're going to come back to the center.

We're going to finish with a little stretch to the side. And we're going to work a little bit on your hips sideways. So you inhale, Take the arms to the side. Make sure you have some space there. And you're going to lift the leg out long, lift it up like the psychic, and then bring it in together.

Really strong connection to the center. So you go up against gravity. You have to work there, but now you have to work under in. Find your balance. Challenge your balance. Lift, lift, lift. Pull it in. Other side. Inhale. And exhale, Squeeze. Inhale. I love these. To challenge that stability, again, working the outside of the hips and the inside of the hips.

And now let's go a little wide. Not much, but take the arms to the side. Take a deep breath in. Look to the right and use your eyes to follow that line of your horizon to look behind you. Now let go with your toes. Pivot, or should say rotate your feet to the back wall and cross your ankles.

Cross your knees. Now keep your toes a little bit, um, keep your foot a little bit on, uh, the weight a little bit on the little toe. So watch my feet. Turn around for a second. So you want to make sure you are a little bit on the outside of the foot, just like when you did when we went down.

Now lower yourself down a little and see if you can reach to the back ankle. Give yourself a good stretch and then come back again. Slowly. Untwist. Um, good. Now come back to the left. Go to the left with your eyes. Shoulder, ribcage. Good. Hips, ankles. Cross your feet over to the opposite side.

That's it. Now bend a little and make sure one knee is straight, one knee is bent. Grab your ankle, give yourself a good stretch and then come back up. Lift up one more time, just a little bit more with flow. Inhale, twist and exhale down.

Come back slowly. Inhale, twist and then exhale down.

Inhale, come back to center. Shimmy, shimmy, back to the middle. Pull the stomach in and up. Push the arms, shoulder, back. Lift up and thank you very much. Enjoy the rest of the day. Thank you, ladies and gentlemen.