

Hi, I'm Blossom. Leilani Crawford. You're here with me in my studio Bridge Pilates in Brooklyn, New York. We are going to do an aloha mat series. You know, aloha means hello and goodbye. So I'd like you to say hello to some new ways of trying and doing some mat work and maybe say goodbye to some of your ideas of what it has to be or looks like and just come and move and play around with me.

The ideas that I'm playing with in this mat work series is just a way for you to think and maybe look and do your mat work in just different ways. I want you to maybe find different connections between exercises and also just try to play around and just do something different and maybe have some fun.

In each workout you'll be building on the theme. So really we're going to just go from the basics of lifting your head up off the ground or bringing your knee into your chest. And then we're going to take a look at pretty much the entire mat work series, all accessible and easy that are, um, nothing too crazy that you can't quite do.

And I'm going to give you lots of different stepping stones and that's how this whole series works. Stepping stones to bring you up to full bodied, full movement. I created this series for anyone who maybe is like me and loves mat work or maybe not like me and maybe is a little intimidated.

Mat work is my really happy place and I just wanted to share that with you because I think that mat work is so lovely because all you need is a mat and maybe a towel and you're done. It's a really great thing. I created these workouts because I feel like this is where my brain has been lately.

I really let go of the idea of beginning, intermediate and advanced and really just looking at mat work exercises for what they do. Oh, you bend to the side, you bend your knee. How can I connect that in a different way that I haven't thought of before? And that's what this series is about and I hope that you will join me for some of that stuff.