

Hi, welcome to my series, Mat Essentials. I'm Keri Russo. In this series we are going to be covering what I have found are essential elements to deepening our connection to our mat work. The concept behind the series is there's a finite number of mat exercises. However you. If we take our intention and put a different intention through each workout, you will experience these exercises in new and different ways.

In this series, we are going to be covering six essential elements. Posture, control, breath opening flow, and yes, mat can even have a restorative element. The goal of each of these classes is to take one of the principles of Pilates, which is concentration, our focus or our intention into different elements and different aspects of the body and so that we can really truly experience each exercise in a new and profound way.

As we put our mind into that intention, you will start to gain more awareness of your body in each exercise. So you will find that it actually deepens your practice and will level up your mat work. This series is really for anybody in the class descriptions. There will be more information of what level the class is so you can take any parts of the series depending on your level and how long you've been practicing and what you're comfortable doing with your body.

This series is something that came to fruition out of 20 plus years of doing classical Pilates. And what I have discovered is that when I put my focus and my intent tension on a different sort of element of Pilates, that I continue to experience the exercises in new and different ways and it really helps deepen this work in my own body and I find that fascinating and exciting.