



Sonjé Mayo
September 10th LIVE SESSIONS
MAT

Pre-Pilates Prep Lie on back, knees bent Breathing Exercise Stabilizing Exercises: -Lift knees, both then one at a time -Arms overhead -Lift head
The Hundred
Roll Up
Roll Over
Single Leg Circles
Rolling Like A Ball
Single Leg Stretch
Double Leg Stretch
Single Straight Leg Stretch
Double Straight Leg Lower and Lift
Criss Cross
Spine Stretch Forward



Open Leg Rocker
Corkscrew 3 w/ Hips Over
Saw
Swan with Neck Roll (Goal Post Arms)
Swan Dive
Single Leg Kick
Double Leg Kick
Rest Position
Neck Pull
Spine Twist
Jack Knife
Side Kicks -Front Back -Up Down -Passe -Circles -Inner Thigh Lifts and Circles -Hot Potato -Big Scissors -Bicycle -Beats on the Belly



Teaser 1, 2, 3
Hip Circles (or Can-Can)
Swimming
Leg Pull Front
Leg Pull Back
Kneeling Side Kick Series -Front Back -Circles
Side Lift
Boomerang
Seal
Push-Up Series
Stand and Twist
Jumps