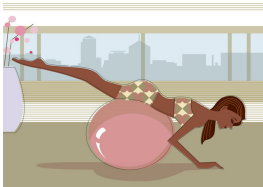


# RabBoar Studio Update

**August—September 2011**

## What is Pilates?

### Pilates — much more than just “exercise” (Wed. 5:45—6:45)



**Pilates** is a system of movement and exercise created and developed by German-born athlete and physical therapy pioneer, Joseph Hubertus Pilates. This innovative method educates, re-patterns, realigns, and balances your body. It promotes maximum muscle strength while increasing flexibility, coordination and stamina.

**Pilates** also decompresses your joints and, consequently, stimulates and improves circulation. This enhanced circulation, combined with increased strength, range of motion, and a more balanced musculature, promotes

healthy tissue and precise, efficient movement patterns.

**Pilates** strengthens and stretches, frees you from poor postural habits, helps heal back, neck and other joint problems, and alleviates tension and fatigue. Doctors, physical therapists, dancers, and athletes have long revered Pilates as a powerful healing and educational physical training system.

**The Pilates Method** shapes bodies. It makes them fitter and stronger and more attractive. It slims the muscles and makes them more compact, developing sleekness rather than bulk. It turns the abdomen and lower back and hips into a firm central support for a newly supple and graceful body.

The smooth, almost dance-like motions and an emphasis on proper breathing leave participants feeling refreshed and open. The exercises require concentration, control, precision, specific breathing patterns and dynamic, fluid movements. Deep abdominal muscles remain fully engaged during the workout, while torso, arm and leg movements are performed against body resistance.

Whether you are getting in shape, rehabilitating from an injury or chronic pain, training for an athletic competition, improving your sports technique, or just looking for an interesting, new physical challenge, the Pilates Method is for you!

### Kundalini Yoga Workshops Scheduled

We hosted a wonderful Tai Chi Chuan workshop with Shen Tiegen from China...and there are more workshops coming.

August 6th we will be at Balance Fitness in Springfield, MO for a 3-hour (1PM—4PM) Introduction to Kundalini Yoga which will include a discussion with a question/answer

session, a warm-up, a traditional Kundalini Yoga Kriya, and ending with a special gong relaxation by Joplin MO instructor Ramgeet Kaur.

September 10th we will be at Circle Yoga Shala in Jasper, AR for an all-day (10AM—3:30PM) Introduction to Kundalini Yoga

including a morning discussion & question/answer session, a light lunch, then after a warm-up we'll practice two traditional Kundalini Yoga Kriyas and a long gong relaxation by our own Siri Daya. Learn about Bandhas, Pranayama & the Naad in these fun & refreshing workshops.

[www.rabboar.com/studio](http://www.rabboar.com/studio) (Please check on-line schedule for class descriptions)

#### Yoga

Monday (Flowing)	<b>5:30—6:45PM</b>
Tuesday (Kundalini)	<b>5:30—6:45PM</b>
Thursday (Yoga Stretch)	<b>5:45—7:00PM</b>
Friday (Kundalini)	<b>5:30—6:30PM</b>
Saturday (Core Strengthening)	<b>10AM-11:15PM</b>
Sunday (Kundalini)	<b>9:00—10:00AM</b>

#### Tai Chi Chuan

Monday (Basics)	<b>5:30—7PM</b>
Monday (Forms)	<b>7—8:30PM</b>
Wednesday (Basics)	<b>5:30—7PM</b>
Wednesday (Forms)	<b>7—8:30PM</b>
<b>Pilates Wednesday</b>	<b>5:45—6:45PM</b>
www.rabboar.com/studio	<b>621-8003</b>