

Breathe-and-brace tables: find out what your breathing does!

Self-test: which body parts expand when you breathe when sitting slumped?

Breathe in while fingers and /or thumbs press into:	Amount of movement under fingers/thumbs? 1 to 3 ticks: √√√	Neck and torso feel comfortable? 1 to 3 ticks: √√√	Helps me feel "lengthened relaxed and aligned?" 1 to 3 ticks: √√√	Shape of spine remains undisturbed? 1 to 3 ticks: √√√
Lower tummy		Yes/no, comments!	Yes/no, comments!	Yes/no, comments!
Mid tummy & lumbar				
Upper tummy				
Lower back ribs				

Self-test: which body parts expand when you breathe when tall & relaxed with your back supported by a chair back?

Breathe in while fingers and /or thumbs pressing into:	Amount of movement under fingers/thumbs? 1 to 3 ticks: √√√	Neck and torso feel comfortable? 1 to 3 ticks: √√√	Helps me feel "lengthened relaxed and aligned?" 1 to 3 ticks: √√√	Shape of spine remains undisturbed? 1 to 3 ticks: √√√
Lower tummy		Yes/no, comments!	Yes/no, comments!	Yes/no, comments!
Mid tummy & lumbar				
Upper tummy				
Lower back ribs				

Self-test: what body parts should expand sitting tall and relaxed with your back free of the chair back?

Breathe in while fingers and /or thumbs pressing into:	Amount of movement under fingers/thumbs? 1 to 3 ticks: √√√	Neck and torso feel comfortable? 1 to 3 ticks: √√√	Helps me feel "lengthened relaxed and aligned?" 1 to 3 ticks: √√√	Shape of spine remains undisturbed? 1 to 3 ticks: √√√
Lower tummy		Yes/no, comments!	Yes/no, comments!	Yes/no, comments!
Mid tummy & lumbar				
Upper tummy				
Lower back ribs				

Breathe-and-brace tables: what your breathing should do

Pilates observations: which body parts expand when you breathe sitting slumped, and how does it feel?

Breathe in while fingers and /or thumbs press into:	Amount of movement under fingers/thumbs? 1 to 3 ticks: √√√	Neck and torso feel comfortable? 0 to 3 ticks: √√√	Helps me feel "lengthened relaxed and aligned?" 0 to 3 ticks: √√√	Shape of spine remains undisturbed? 0 to 3 ticks: √√√
Lower tummy	√√√	No! (review lesson: "lengthen, relax and align")	No! (review lesson: "lengthen, relax and align")	No! – the spine moves, this creates tension and instability- not good!
Mid tummy & lumbar	√√√			
Upper tummy	√			
Lower back ribs	√√√			

Pilates observations: which body parts should expand when you breathe tall & relaxed with your back supported by a chair back, and how does it feel?

Breathe in while fingers and /or thumbs pressing into:	Amount of movement under fingers/thumbs? 1 to 3 ticks: √√√	Neck and torso feel comfortable? 1 to 3 ticks: √√√	Helps me feel "lengthened relaxed and aligned?" 1 to 3 ticks: √√√	Shape of spine remains undisturbed? 1 to 3 ticks: √√√
Lower tummy	√√√	√√√ (Works best if you pause at the peak of the in-breath and relax the neck)	√√√ Yes!	√√√ (No change in shape of spine – that's good!)
Mid tummy & lumbar	√√√			
Upper tummy	√√√			
Lower back ribs	√√√			

Pilates observations: which body parts should expand when you breathe sitting tall and relaxed with your back not supported, and how does it feel?

Breathe in while fingers and /or thumbs pressing into:	Amount of movement under fingers/thumbs? 1 to 3 ticks: √√√	Neck and torso feel comfortable? 1 to 3 ticks: √√√	Helps me feel "lengthened relaxed and aligned?" 1 to 3 ticks: √√√	Shape of spine remains undisturbed? 1 to 3 ticks: √√√
Lower tummy	√ (lower tummy & floor is bracing, not breathing!)	√√√ (Works best if you pause at the peak of the in-breath and relax the neck!)	√√√ Yes!	√√√ (No change in shape of spine – that's good!)
Mid tummy & lumbar	√√√			
Upper tummy	√√√			
Lower back ribs	√√√			