



FitMamas **ON A ROLL!**

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Objectives

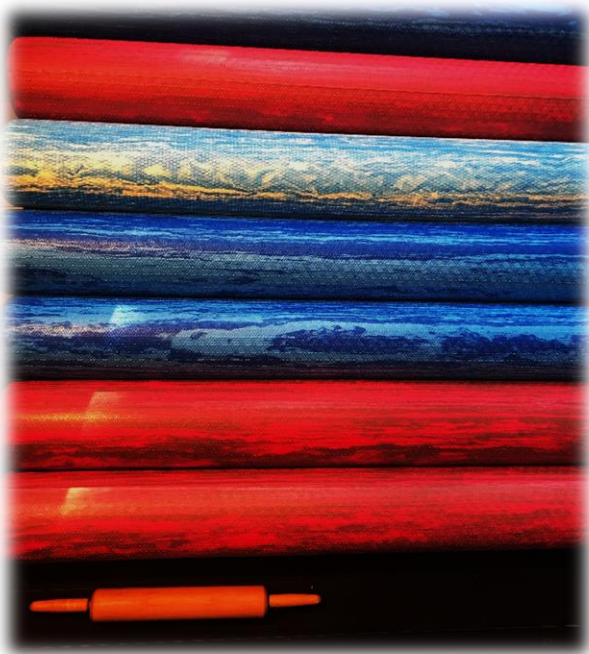
1. Use the roller to achieve a mind and body connection with Core Strengthening focus to maximize work-out routines and functional living practices.
2. Master techniques of Self-Myofascial Release (Massage) to perform independently.

Class Description

In this “On a Roll!” course we will learn Mindfulness Techniques to achieve a more productive mind/body connection that will impact us for healthier daily living. We will use natural and deep breathing strategically to impact stretching, massage and relaxation responses. We will apply Pilates principles including alignment, control, fluidity, centering and precision along with strength training components. We will challenge the Core, balance and posture. We will explore the technique of self-massage and be able to use this technique independently and with confidence.

Class Structure

- **Prepare** (approx. 10 minutes)
 - Mindfulness, Pilates Principles, and Breathing
- **Explore** (approx. 10 minutes)
 - Massage Exploration and Stretch
- **Strengthen** (approx. 15 minutes)
 - Pilates Strength Training
- **Relax** (approx. 10 minutes)
 - Massage and Relaxation



1st Class Preparation (Homework Assignment)

- Give your roller a name and bring him/her/it to class.
- Drink water prior to class (as well as during and after class).
- Wear yoga type socks with grippers on the bottom or plan to participate barefoot.
- Wear comfortable layers, include a jacket.