

Pilates for Lifelong Mobility

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Week 1 - Breathing Exercises

Nasal Breathing

1. Cover right nostril with right index finger.
2. Inhale & exhale. Switch to left and repeat.
3. Complete 2-4 times.

Alternating Nasal Breathing

1. Cover right nostril with right index finger. Inhale, holding breath.
2. Remove right finger and cover left nostril with left index finger. Exhale.
3. Complete 2-4 times, altering the starting side.

Sip A Straw

1. Purse your lips as if you were using a straw.
2. Invision your lungs getting wider as you “sip” air on the inhale.
3. Exhale all the air out in the same manner.
4. Repeat 4 times.

Lateral Breathing

1. Place one hand on belly button and one on sternum.
 2. Pull the belly button in and inhale.
 3. Exhale and pull belly button down more.
 4. Repeat 6 times.
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Pinwheel Breathing

1. Hold the pinwheel six inches from your mouth.
2. Inhale quickly through the nose.
3. Exhale through your mouth until all air is gone. Repeat for 5 cycles.

Chair Breathing

1. Inhale through your nose for a count of 5.
2. Exhale through your mouth for a count of 5.
3. Repeat for 10 cycles.

Cardiac Coherence

1. Inhale through your nose for a count of 5.
2. Exhale through your mouth for a count of 5.
3. Repeat for 10 cycles.

Hundreds (Sitting or Standing)

1. Sit or stand tall with your head lifting to the ceiling as if someone were pulling up on your ears.
2. Lengthen your arms down to the floor before raising them out in front of your shoulders so they are parallel to the floor.
3. Inhale for 5 and exhale for 5 as you pump your arms up and down (4-6 inches in each direction).
4. Repeat 10 times.