

Sonoran Stretch Class - Summary **by Kathy Mark**

Start Standing:

Breathe – sweeping arms up and down

Rotate Shoulders Up and Around Lightly

Clasp hands behind back – slowly look down, look back to the horizon and then look one way, then the other (open chest and shoulders)

Balance on Toes: Center yourself – float arms up – settle the shoulders- rise to the toes, reaching tops of the ears to the ceiling – hold- and float down.

Rotate body - as if golfing to both sides (legs slightly wider than hips) to warm spine, waist and hips, let eyes/head look behind you. Recenter, breathe.

Balance: Lift one leg out to side, arms out to sides (5 point star)- hold-

Slowly Bring foot to ankle, Lift knee and thigh, flex ankle, straighten leg and bring down. Other side.

Side Flexion: Shift weight onto right leg, soften the knee, cross the left leg over the right, place the weight evenly over both feet/legs. Reach the right arm toward the floor, face the palm forward – begin to reach toward the floor, side flexing....at the same time reach the other arm up to the ceiling and take two full cycles of breath. Recenter and bring the upper arm down as come back to perfect posture. Repeat the other side.....shift left, cross the right leg over, reach the left arm toward the floor.....

Squat and Go To Floor:

Hands and Knees (tabletop position):

Cat Stretch- 3 sets (Round spine to a rainbow shape, then extend spine)

Single Arm and Leg – 2 sets (balance and back strength)

Childs Pose

Onto Stomach – Back Extension and Strength

Forehead on towel

Push Pelvis into mat and curve up (with arms bent out to side, elbows down). Then curve up with arms at sides by hips. 3xs. Then child's pose.

Hip Flexor Stretch and Hamstring (blanket under knees for comfort)- can use blocks under hands when reaching toward floor/mat

On Knees, One leg forward, push hip through, chest up- hold- Bring hands to floor/blocks, lift back knee to a lunge. Hold- Lower back knee, leave front foot, reach hips behind, straightening front leg (don't hyperextend). (Hamstring)

Seated: Easy cross legged position(Sit on blanket as needed)

Curve forward- hands can reach to floor and forward
Firm abdominals and peel up. Switch legs in front and repeat.

Seated: Legs in a V to front: (Sit tall to start)

Leave Heels glued to floor, bend knees and tip toes up, straighten, 5 x's.
Reach legs long – Peel forward and hold for 5 breaths
Peel up with firm abdominals.

Seated: Bring Legs together – Knees bent, toes up

Reach/straighten both legs, glue heels to floor(cat kneeding)
Bend one knee and tip the toe up, switch – 6 sets

Seated: Cobblers Pose: Bend knees, bring sides of feet together, open out hips.
Hold high enough on legs to sit tall. Hold.

Lift knees slightly and push legs out 3 or 4 inches – Peel
Forward. Hold Peel up.

Lie Down on Back: Towel under head sometimes helps for neutral neck.

Bring one leg in toward chest, Other leg straight, Hold and rotate the ankle
of the leg that is in both ways.

Bring Both Legs In – Gently Rock side to side.

Other leg in.....hold and rotate the ankle

Both Legs in.....rock

Stretch Straps: Place strap around one foot and reach leg to ceiling. Bend knee
and flex ankle – 3 x's. Straighten leg and shoot energy out through the heel.

- * Relax ankle. Press hip of leg up into the mat, take leg across
midline only a few inches. Flex ankle and hold.
- * Return leg to ceiling – anchor opposite hip and slowly open out to
the side without allowing pelvis to rock to the side. Keep chest open,
opposite hip down. Bring leg back to center.
- * Leg that's up...cross over the other bent leg, thighs/knees together.
Rotate slowly to the side of the leg that's underneath. Chest open.
Hold and breathe fully. Return to center.
- * Open up hip of leg that's across (like a man crosses his legs), press
the hip open, then, if you can, lift foot off of floor and use both hands
to pull the thigh in..
Other side – all of above *

Body Stretch – Reach both legs long, arms long by ears and stretch from toe tip
to finger tips. Float arms back down to sides. Bend knees.....

Turn over to stomach and hold the Sphinx Pose – up on elbows/forearms, elbows under the armpits, head held up, shoulders away from ears. Hold for just a few breaths.

- Open elbows and using either hands or towel under the forehead or cheek, lower down and release for a few cycles of breath. Head can be slightly turned one way...then turn the head the other way.

Push back up to Child's Pose.

Slowly stand back up and recenter your mind and your body.

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