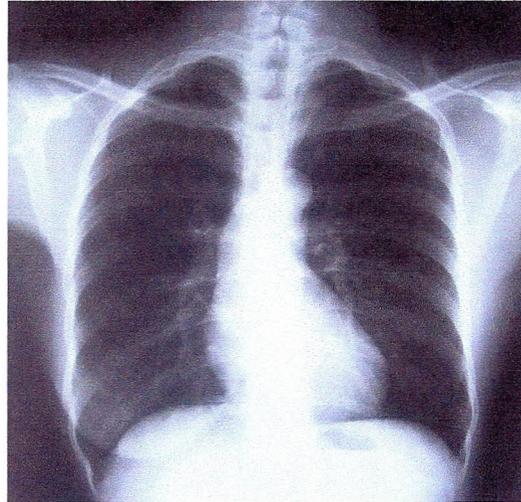


The Principles: Center/Breath

The difference a breath can make....

Healthy adults take between 17,000 and 28,000 breaths per day, an average of 23,000 breaths. Amazing, right? This happens mostly without our conscious awareness. Breathing is so simple and obvious that we often take it for granted; ignoring the power it has to bring body, mind and spirit together. This month we encourage you to consider the difference a breath can make.



The breath is essential to being "centered". It is the only means of supply of oxygen to our organs and assists in ridding our body of toxins and waste. Deep diaphragmatic breathing massages our internal organs, aiding in digestion, and acts as a pump for our lymphatic systems, further helping to remove waste and pathogens from our bodies. As you exhale forcefully you contract your deepest abdominal muscle, which serves to stabilize your torso and protect your lower back. And what sits nestled between right and left lung? The heart. Every breath is like a hug for our own heart. Focusing on our breath requires mental attention and awareness. With conscious awareness of our breathing we can reap the benefit of better recruitment of appropriate muscle groups, better circulation and blood flow, clearer heads and sounder thinking, and overall better movement.

As if all that wasn't enough, this fantastically simple thing called the "breath" uses the abdominal muscles to connect form and function. Consider the preciousness of the breath this month as you go about your daily routine or in your Pilates practice. You might be surprised to find that the breath makes a dramatic difference in centering you mentally, physically and spiritually.

Take deep breaths... appreciate the place you find yourself in at that moment and value life with each one.

Source: Gina Axelson Pilates Instructor and Studio Owner
