

Stressful Exuberance

- Change your attitude toward stress.
- Use the signs of stress as motivation for action. Move. Exercise.
- Exercise releases endorphins. Endorphins fight stress.
- Results: feel stronger, refreshed, motivated, focused, calm, and more self-aware,
- Focus, calm, and self-awareness can give you power to take action.
- Taking action reduces stress.
- Easy- stress is gone!
- More time to enjoy life.



Laura's Stressful Exuberance Program

- Influences:
- Amalgam of dance and movement experience and observation
- Continuing education
- Concepts and techniques of Joseph Pilates
- The following two TED Talks:
- Kelly McGonigal
- Amy Cuddy
- Four segments: move, strengthen, spine mobility, focus and clarity

“If your spine is inflexibly stiff at 30, you are old. If it is completely flexible at 60, you are young.

--Joseph Pilates

"A man is as young as his spinal column."

-- Joseph H. Pilates”



IMPORTANCE OF SPINE HEALTH AND HAPPINESS

- The Spinal Column incases the spinal cord which is an extension of the brain into the core of the body. It is literally how the mind communicates to the body and the body responds to the mind. When our spines are inflexible or weak it is like having bad reception between the body and the mind.

- Dr. Lulu Sweigard, PhD established that one of the primary influences of movement is the Nervous System. Simply stated, postural alignment patterns and muscle use and development is directed by and coordinated by the nervous system, or in other words, our thinking. Therefore, in order for us to change our body shape or our habitual patterns of movement, we must change our neurological activity. For a large part, this 'neurological activity' is habitual and consequently mostly unconscious. In Pilates we use the principle of awareness to become attuned to our postural habits and through that awareness we can begin to change how we move toward a more functional pattern of movement.

Kelly McGonigal:

TED Talk: How to Make Stress Your Friend

https://www.ted.com/speakers/kelly_mcgonigal

- “Your body is giving you energy to rise to the challenge.”
- “The biggest enemies of willpower: temptation, self-criticism, and stress. (...) these three skills- self-awareness, self-care, and remembering what matters most- are the foundation for self-control.”

- **Social psychologist Amy Cuddy struck a chord in the business world at TEDGlobal 2012 when she gave a talk about the scientific evidence behind power posing. Her research showed that standing or sitting a certain way triggers immediate changes in your body chemistry.**
- **It can affect the way you do your job and interact with other people. It might even have an effect on your chances of success.**
- **Here's how it works: High-power posing is about opening up, Cuddy says. You stretch and expand your body to take up as much space as possible. It's similar to how primates behave in the wild. They puff out their chests and extend their limbs to make themselves appear — and feel — big.**
- **After assuming a high-power pose for just two minutes, your testosterone levels (the "dominance" hormone) can rocket 20% while your cortisol levels (the "stress" hormone) fall sharply. This allows you to better handle stressful situations.**

Exercises to “jump start” your stress release:

Walk

Jumprope

March in place

Climb stairs

Jumping jacks

Pilates exercises to strengthen and focus your body and mind:

Arm circles

Standing foot work

Spine mobility:

flexion, extension, rotation

and lateral flexion

Balance

Finish with Laura’s Pilates Savasana, focus on the positive.

- Sit tall in a chair. Imagery: You are at the top of a mountain.
- Slowly roll down (flexion) and then roll up into a mini thoracic extension, both done one vertebra at a time. Imagery: a rose blooming.
- Incorporate your breath with your choreography.
- End in “V for Victory” arms above head, slightly look up, hold for one minute. Lower arms, repeat one minute of relaxed, but focused, breathing. Imagery: your favorite “happy” place or single word “mantra.”



Quotes by Joseph Pilates

- Physical fitness is the first requisite of happiness.
- The mind, when housed within a healthful body, possesses a glorious sense of power.
- Pilates is gaining the mastery of your mind over the complete control over your body.
- Everyone is the architect of their own happiness.

And
remember,

When you feel better, others
around you feel better too.





Thank you

Laura Sepulveda

Managing Director Gotham Pilates

7760 Fay Ave. Suite J La Jolla, CA

858-454-5711 gothampilates@gmail.com www.gothampilateslajolla.com