

## Sheppard Swoop



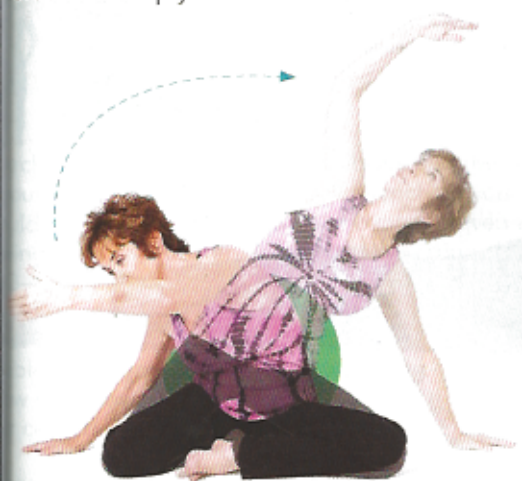
**PURPOSE:** encourages rotational spinal movement; works the waist; promotes upper-body mobility

**SETUP:** Get into a Mermaid position on your left side: Sit tall on your hips with your left knee bent in front of your body and your left heel aligned with your pelvis. Place your right heel behind your right hip, knee bent. Extend your left arm straight up toward the ceiling, and place your right hand by your right side, palm flat on the floor. Make sure your hips are aligned and facing forward. Keep as much space between your rib cage and pelvis as possible.

1. Start to rotate your torso to your right side, swooping your left arm across the floor and then in front of your body at chest height.
2. Return your left palm to the floor beside you, and swoop your right arm around toward your left side as you lift your buttocks off the floor, keeping your gaze focused on your right palm. Slowly reverse the movement and come back to center. Do 3 repetitions. Repeat on your other side.

**TIPS:** Feel your body move through space in a controlled manner. Do not be concerned how high your body lifts, but simply move from your center and allow the body to flow.

**MODIFICATION:** Just move from the torso and keep your buttocks on the floor.



Get more lengthening and toning benefits with the extended version of the Sheppard Swoop. View Risa's instructional video exclusively at [www.pilatesstyle.com](http://www.pilatesstyle.com).

## Waist Lengthener



**PURPOSE:** elongates the waist; stretches the spine

**SETUP:** Get on your knees on the floor with your legs squeezing together and arms by your sides.

1. Lift your arms overhead with your elbows slightly bent, keeping equal distance on both sides between your ear and arm and your shoulder blades pressed down and aligned.
2. From your waist, bend to your left side until your hip almost touches the floor, keeping your knees bent throughout. Before your hip touches the floor, lift your body from your waist, returning to the starting position. Make sure to keep your arms in a slightly bent position by the sides of your head.
3. Take a breath and repeat on your other side. Do 3–6 repetitions on each side, alternating sides.

**TIPS:** Keep your arms by your ears. If you must place your hip on the floor, try not to sit there for a long time, and use your center, not momentum, to help you lift back up.

**MODIFICATION:** If your knees are bothering you, place a thick mat or some padding underneath them.

