

Jillian Hessel



Learning from Two Masters

The Work of Kathleen Stanford Grant and Carola Trier

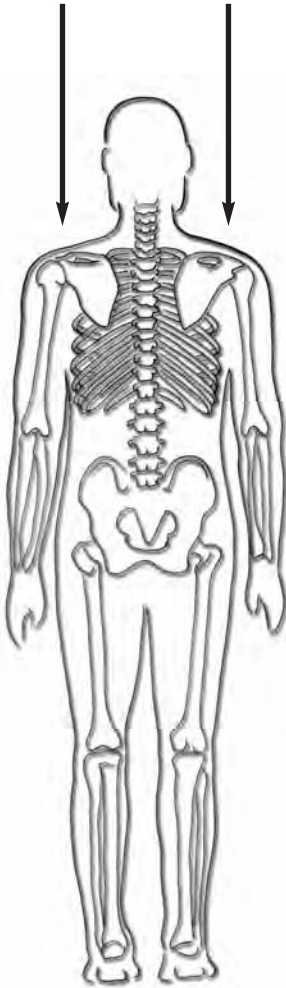
as taught by

Jillian Hessel



TEACHERS' MANUAL

Jillian's **QUICK** Posture Check



Stand behind the client. Place your palms on the shoulders and press down gently but firmly. The posture should remain stable. If it is unstable, it is out of alignment. Give the client some cues to realign the posture and press down on the shoulders again. There should be an improvement in stability, and you will have pinpointed the areas the client needs to work on while exercising.

To test if the client has retained muscular memory of the newly-aligned posture and to further assess any structural imbalances, have the client perform a slow “meltdown” of the spine as you observe from the back view. Cue the client to keep the knees bent softly, drop the chin to the chest and allow the spine to roll down one vertebra at a time until the entire torso is rounded over with the arms hanging limply. Observe the flexibility of the vertebrae during the movement. If there is a significant difference in muscular development on one side or if the spine is

laterally rotated, this may indicate scoliosis. Cue the client to roll back up to standing, stacking the vertebrae from the bottom up. The knees may straighten as the client arrives in vertical alignment, but not before! Does the client return to ideal posture or to a habitual unbalanced posture? Do this assessment at least twice to confirm your observations.



Roll Overs

START POSITION: Lying supine with arms stretched long at the sides of the body, legs together straight up at a 90° angle to the torso. If necessary keep the knees slightly bent.

Inhale and curl the torso off the floor letting the legs carry overhead. Open the legs to hip width and roll down on the exhalation. Sustain the exhalation as you roll down and control the descent of the spine, vertebra by vertebra. Perform 6-10 repetitions and then reverse the leg pattern, rolling over with legs open and rolling down with legs together. The breathing pattern remains the same. Perform 6-10 repetitions and then slowly lower straight legs to the floor without arching the back or “pooching” the abdominals.

OPTION FOR BEGINNER: This exercise may be modified by using the breathing pattern for Pelvic Press on the previous page. By articulating the spine only on the exhalation, the beginner will perform the Roll Overs with more precision and control.

OPTION FOR ADVANCED: Circle the legs down away from the body at a more oblique angle (greater than 90°). Do not overarch the back or “pooch” the abdominals.

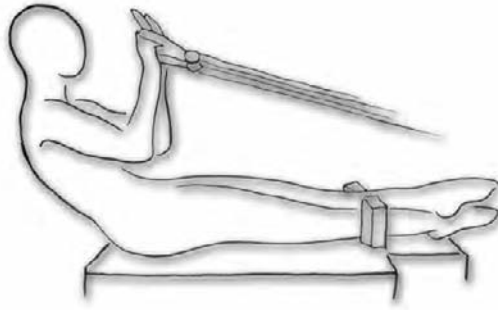


Carola's Jackknife

SETUP: Springs – 1 heavy, 1 medium. Headrest down. Footbar down.

START POSITION: Supine on the carriage in neutral spine. Legs are extended straight up toward the ceiling at a 90° angle to the torso, feet softly pointed. Hands holding the handles with straight arms in a direct vertical line over the shoulder joints.

Sweep the arms strongly downward to the carriage on the inhalation. Engage the abdominals as you exhale to initiate a posterior pelvic tilt which carries the torso and legs into a Roll Over. Pike to a shoulder stand – as vertical as possible – as you inhale. Exhale as you roll down, vertebra by vertebra, angling the feet back behind you slightly. Avoid dropping the thighs to the chest by reaching strongly out the ends of the toes. Once the legs and torso have reached a 90° angle, inhale as the arms raise up to the start position, controlling the recoil of the springs. Exhale as the straight legs lower toward the Breathing 100's position. Avoid “pooching” the abdominals and do not overarch the back. Keep the legs in the Breathing 100's position as you repeat the exercise by inhaling as the arms sweep down to the carriage again. Perform 3-5 repetitions. Finish by lowering the straight legs slowly to the Footbar on the last exhalation.



KSG'S Rowing #1 Facing Back

SETUP: Springs – 1 medium. Headrest down. Footbar down.

START POSITION: Seated upright facing the back of the Reformer. Legs are extended between the shoulder rests, ankles crossed. Hands are holding the handles, the arms extended straight out from the shoulders at a 90° angle to the torso, palms up.

Inhale in the start position. Initiate the exhalation by scooping the lower abdominals and roll back, vertebra by vertebra, drawing the elbows down and in toward the hip bones. Maintaining the abdominal scoop, perform 5 biceps curls keeping the elbows near the hips, exhaling on each curl. On the next inhalation, unfurl the torso to an upright seated position extending the arms straight up to the ceiling. Exhale as the torso dives forward toward the legs, extending the hands as far as possible over the toes. The straps will lose tension here, but complete the movement. Flip the palms to face behind you, arms extended to a “T” position level with the shoulder joints. Draw the palms together as if to clap hands behind the back. Perform 5 of these rowing actions without hyperextending the elbows. Exhale as you draw the hands together and inhale as the arms open wide to the sides, keeping the **shoulders drawn down** away from the ears. On the final repetition, interlace the hands behind the back and extend the arms high behind you. As you recover, reach the arms around to grasp the ankles (you will lose tension on the straps again). Relax and breathe in the forward fold, scooping deeply in the abdominals. Inhale as you roll up to a tall seated position as in Spine Stretch. Switch the other ankle to the top and repeat. Perform at least 2 repetitions.