



# Empowering Movement Starter Kit

Havenwell Pilates

*Quick Reference Guide*



## 1. CONSTRUCTIVE REST POSITION

*Find neutral spine, settle into breath, connect with body*

Options:

- Towel/blanket under low back or head
- Knees together, apart, or wide - find what relieves pressure
- Hands on ribs to feel breath



## 2. MARCHING WITH BREATH

*Core activation + hip mobility*

Options:

- Start simple: Alternate lifting one foot at a time
- More challenge: Both legs in tabletop, tap toes down
- Keep low back connected - abs draw in



## 3. SIDE LYING LEG WORK

*Hip strength without spinal motion. Do both sides!*

Options:

- Straight leg: more load for glutes
- Bent knee: good starting point; can try leg lifts from forward position or aligned with hip
- Movement is from hip joint only - keep waist long



#### 4. QUADRUPED: STERNUM DROPS & HIP ROCKING

*Upper body + shoulder mobility*

Options:

- Sternum drops: Squeeze shoulder blades, then push floor away
- Hip rocks: Shift forward/back, then add circles
- Perfect neutral spine alternative to cat/cow
- Pad knees if sensitive



#### 5. STANDING HIP HINGE

*Functional movement for daily life*

Options:

- Start shallow: Hands at hip crease for feedback
- Go deeper: Hands on hips, fold like an accordion
- Weight shifts to heels - glutes do the work
- Hold counter/chair for balance as needed



#### 6. SUPINE ARM REACHES

*Open chest and side body*

Options:

- Simple: Alternate arm scissors overhead
- Add full body integration: One arm up, knees go opposite way
- Let breath flow naturally

#### CLOSING: RETURN TO CONSTRUCTIVE REST

Take a few breaths. Notice what changed. When ready, roll to side and press up to seated.

## What's next?

Want more movement that works for your unique body? Havenwell Pilates offers private sessions (in-person in Franklin, TN or virtual), an on-demand class library with modifications for every level, and in-depth masterclasses on movement for chronic conditions.

Learn more: [havenwellpilates.com](https://havenwellpilates.com)