

Pilates

Version 1 – 2nd May 2013



Breathing -
To Inhale or Exhale
That is the question 😊

Synopsis

- I used to get terribly confused about the breathing when I was doing the Polestar course – just couldn't seem to get a handle on it – when DID you inhale, when DID you exhale.....
- The good news:
It's up to YOU! It's part of your toolkit. You can either use the breath pattern to facilitate (ie assist/make easier) a given move or challenge it (ie make the move more difficult) – just be prepared to explain the reason if asked in the exam!

I used to get terribly confused about the breathing when I was doing the Polestar course – just couldn't seem to get a handle on it – when DID you inhale, when DID you exhale?

I'd revise the breathing sequence from the official Polestar manual prior to doing a shadow teaching class and yet, when my instructor was demonstrating, she was saying the direct opposite. WTF!?!.... 😊

I bought the Polestar Mat DVD and that didn't have ANY breathing in! What's a guy supposed to do?

That's when my extremely patient Polestar instructor explained (I'm paraphrasing) that the official DVD doesn't have breathing included because it's up to YOU, the teacher, which way you want to go.

It's up to YOU whether you want to use the breath pattern to facilitate (ie assist/make easier) a given move or challenge it (ie make the move more difficult).

Let's digress a mo:

- Do a push up.
- Go and do three more and be aware of how you breathe.
- Chance are, as you pushed up and away from the ground, you EXHALED **

Because the push up is a pretty difficult move, most people naturally gravitate to breathing in a way to facilitate a move.

** (Given that you are a trainee teacher, I'd expect you not to actually have HELD your breath as you pushed upwards!!!! If so – BAD lama!) 😊

Now go back to a push up, but REVERSE the breathing..... Exhale downwards and Inhale upwards.... OMG, Ten times more difficult?.....

Let's explore this when in supine (fancy speak for lying on yer back!).

When you do a move like Side To Side, to facilitate the movement:

- Inhale as legs go from centre to 45 degrees / Exhale as they extend
- Now try reverseing that breathing pattern – ie
- Exhale as legs go from centre to 45 degrees / Inhale as they extend

Find that a tad more difficult?..

Get the point? Same move but with reversed breathing pattern, it is either easier or more difficult. Or in an exam you'd say something fancy like "designed to facilitate movement or designed to enhance challenge".

When I did the Polestar mat course in 2010, it seemed to me that most of the breathing as per the official manual was geared towards facilitating given moves, not challenging them.

Hopefully, you are now not too stressed about the breathing patterns. Typically, I choose breath patterns to facilitate movement but reserve the right to switch the patterns around as a way of extending a given move for more experienced victims clients 😊