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Proper Breathing...

- Releases and reduces muscular tension
- Helps increase flexibility and strength of joints- when you breathe easier you move easier
- Increases supply of oxygen and nutrients to cells throughouy the body
- Improves blood circulation
- Opens up the chest to make breathing easier and fuller which promotes emotional stabilityand mental clarity
- Gives you more energy
- Reduces mental and physical fatigue
- Eases the strain on the heart by increasing oxygen to the heart

And....breathe!

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The Warm Up

Before you start stretching you must be certain that the muscles are warm and ready to be lengthened, so you need to start the class with a mobilising warm up to reduce the risk of injury.

- It will increase body temperature which improves the muscles elasticity
- Helps to circulate the synovial fluid inside joints reducing friction
- Redistribute blood supply to where its needed
- Mental preparation. It's a perfect time to take the class to the level they should be for the class.

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Encourage the class to be responsible for themselves, to listen to their bodies and be aware of their breath and core strength.

Encourage your class to relax at the start of the class, they need to become aware of any tension they may be holding and let go

As soon as you ask your class to hold a stretch- remind them to breathe... otherwise they will hold their breath!

A muscle is much happier to stretch when it is relaxed!

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