

# 7 REALLY GOOD REASONS TO DANCE IN YOUR KITCHEN



## PROTECT YOUR ANKLES

Moving through a full range of motion in a controlled way strengthens and prepares your feet and ankles for safe movement out in the world.



## KEEP YOUR HIPS MOBILE

Your hips need to roll in the joint to create healthy fluid for ease and pain relief. Sticky hips need to glide and flow for maximum efficiency especially if you sit a lot.



## ENGAGE YOUR CORE

As you dance you activate all of your abdominals in all planes of movement which will ease back aches and strengthen your postural muscles naturally.



## RELAX YOUR SHOULDERS

If you keep your shoulders up by your ears all day, this is a chance to let them slide down your back and circle around for greater comfort in your upper back and neck.



## IMPROVE YOUR BALANCE

Shift your weight from side to side while lifting your knees as you sway and twirl. Let your vestibular and visual system practice finding your center of gravity in the most fun way.



## ELEVATE YOUR MOOD

Movement creates endorphins- the chemical your body produces that makes you feel joyful and relieves pain. Your favorite tunes connect you to happy, energizing memories.



## SHARPEN YOUR BRAIN

Your nervous system needs variety and novel experiences. When you dance you're using your whole system from your toes to your nose and your brain benefits.

# The Aaah! Approach

## The four stages of learning and the Pilates Method at home

You don't know what you don't know or that you need to fix it.

UNCONSCIOUS  
INCOMPETENCE

### AWARENESS

Look honestly at your limitations and explore the places in your life that you are feeling pain. Recognize where you lack flexibility and/or strength, it's the first powerful step.



You know you don't have this skill.

CONSCIOUS  
INCOMPETENCE

### ALIGNMENT

Learn about your imbalances and compensation patterns. Listen to your body, create better balance and flow with simple stretches and restorations.



You know that you have this skill.

CONSCIOUS  
COMPETENCE

### APPLICATION

Take the information you've gained into your everyday movements. Integrate bite-sized exercises into daily tasks you're already doing.



The skill just comes naturally to you.

UNCONSCIOUS  
COMPETENCE

### HEALTH

Soon the new, more efficient patterns will become second nature and your body will reward you with ease and joy!

