

## Pilates Rib to Hip Connection (aka Imprint): Cue script (or cueing to move from hyperextension to neutral)

- Feet flat on the floor, facing forwards, hip width apart, grounding gently through the 4 corners of the feet
- Knees in line with hips, Inner thighs looking at each other
- Place your middle fingers on your hips bones and your thumbs at the bottom of your rib cage
- Exhale, bring hips and ribs closer together, notice middle finger and thumb moving together slightly
- Notice a little more inner activity towards the front of the body giving you extra support
- You may notice a natural 'switching on' in the depth of the bowl of your pelvis
- Avoid 'tucking' the tailbone under or 'jamming' your back into the floor.
- Breathe freely into the sides and backs of the rib cage as you return to your start position
- Have a sense of your shoulders moving away from each other and down at the same time
- Elongate through the crown of your head, chin softening towards your chest

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