


## Movement and Relaxation Pilates Skill Assessment

<b>Name:</b>	<b>Skill: Swan</b>
<b>Critical Instances</b>	<b>Personal Execution</b>
 <p>Begin in prone position. Keep your arms close to your body as you bend your elbows to bring your hands under your shoulders. Shoulders should be away from the ears. Keep the legs together. Engage the mid-section and lift the navel up and away from the mat. Maintain this lift throughout the exercise.</p> <p>Inhale: lengthen your spine. Extend upward through the top of your head as your forearms and hands press into the mat to support a long upward arc of the upper body. The elbows are close to the body, the head stays in line with the spine, and the hips stay on the mat.</p> <p>Exhale: lower the upper body. Keep your abdominals lifted as you release the arc, lengthening your spine as your torso returns to the mat in a sequential way: one vertebra at a time.</p>	