

Victoria Schneider instructs Mona Jones-Romansic on the "Cadillac," a Pilates machine.



## Pilates

So, most people know at least one great Pilates exercise that will totally tone your abs. But the full story behind what exactly these exercises are and what they are supposed to do to my body has always been a mystery. So I met up with Victoria Schneider, one of Eugene's top Pilates instructors and owner of Bodies By Pilates.

Turns out Joseph Pilates brought his combination of Eastern and Western physical therapies to the U.S. from Europe in the 1920's where it was discovered by the lean and flexible world of dancers. Pilates exercises focus on strengthening the abdominal muscles while lengthening all muscles and joints for ease of movement. While the practice does not have the spiritual base of yoga, an active mind is important. "You have to be in your body," explains Schneider.

After showing me neutral position where my spine, shoulders, neck, and hips were all in alignment, Schneider had me lie on my back on "The Reformer" — a spring-loaded padded bed that was designed to create resistance and support for several exercises. The resistance is adjustable, making Pilates a great option for physical therapy and rehabilitation. Paying special attention to the posi-

tion of my spine, I slowly pushed back and forth from my knees in what I might call a recumbent leg press while breathing in through my nose and out through pursed lips. I began to feel a constant burn in several weaker parts of my body and in my lower abs, which I kept active. Schneider explained that I was working the smaller deep muscles that keep me upright and the parts of my body that needed to be strengthened the most, which explained the slight ache in my right ankle.

While Pilates machines are fun and effective, they can be expensive and hard to come by. According to Mona Jones-Romansic, mat classes focus even more on strengthening the lower abs and uses imagery about length to create multi-directional stretches. Jones-Romansic teaches mat classes Tuesday evenings with Bodies By Pilate.

When deciding whether Pilates or yoga is the right workout for you, it is most important to determine what you want out of your practice. Although they both work the same muscle groups, yoga is a very mental and emotional experience. Most classes reference spiritual teachings and practices. Pilates focuses purely on conditioning the body to be more fluid and aligned. **EW**

### Yoga Centers

- Bikram Yoga College of India 820 Charnelton, 349-9642
- Four Winds Yoga 3575 Donald, 484-6100
- The Yoga Studio 126 Elkay Dr., 461-8044
- Yoga West 3635 Hilyard., 686-0432
- Dharmalaya 356 Horn Lane, 344-0553 dharmalaya.org

### Pilates Centers

- Carpe Diem Pilates and Personal Training Center 436 Charnelton, 684-0577
- Bodies By Pilates 260 E 15th, 434-8406

## HEALTH & SPIRITUALLY MINDED GIFTS

**MUSIC**  
RELAXATION &  
HEALING

**STAR GATE**  
BOOKS, CDS, VIDEOS

**YOGA**  
VIDEOS &  
SUPPLIES

**VIDEO & DVD**  
RENTALS  
HEALTH-SPIRITUAL  
SELF-IMPROVEMENT



**EATING for**  
**HEALTH**  
best-selling DVD

SPECIAL  
\$14.95

**BOOKS**  
JOURNALS - CARDS

342-8348 • 16 YRS. LOCALLY OWNED

1374 WILLAMETTE • MON-SAT 11:11-7:11

**A Growing Experience**

Fully certified  
by the State of Oregon

Organic meals  
Offers care for  
2 1/2-6 year olds

Morning, afternoon, and  
full-day schedules  
available

**RAINBOW GARDEN  
PRESCHOOL**

Enrolling Now for Fall  
Pre-school & Pre-K classrooms

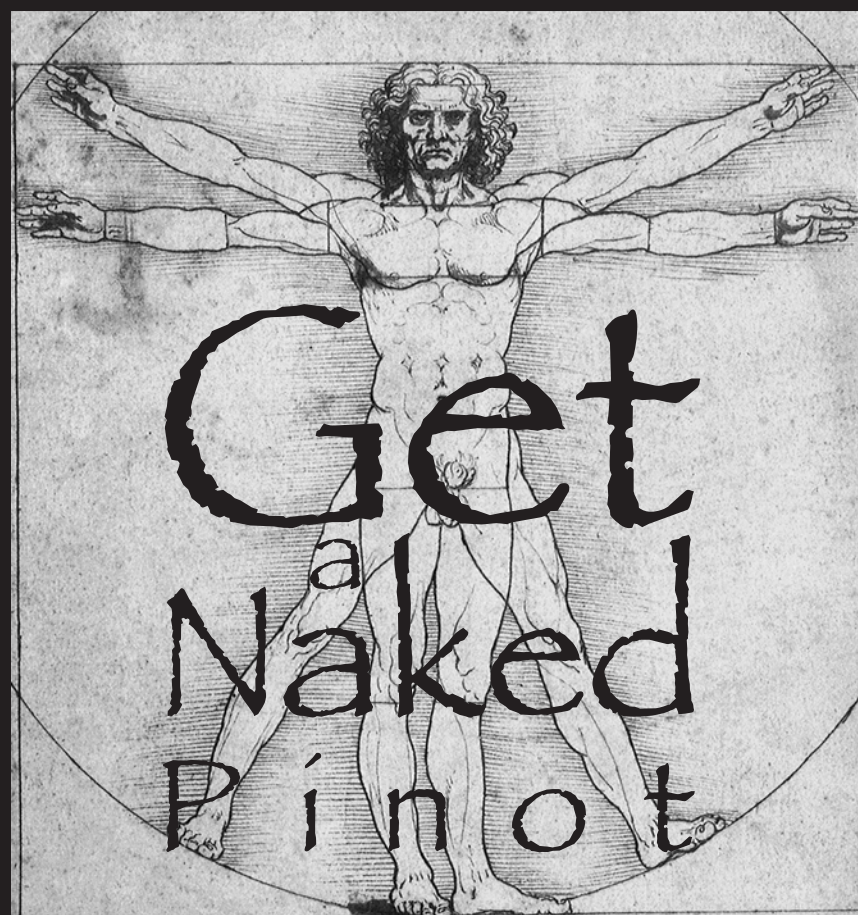
302-1606 • 1901 Pierce Street  
(18th & Chambers)

**BIKRAM'S YOGA**  
COLLEGE OF INDIA

Welcome to Bikram's beginning yoga class. This is the most exciting, challenging, hard working & effective yoga class in the world. Created by Bikram Choudhury, this posture flow features two breathing exercises & 26 hatha yoga poses designed to work every muscle, joint, ligament, tendon, gland, & organ in the body. This is a 90 minute total body workout in a room heated to 104°.

**INTRODUCTORY PACKAGE**  
**2 Weeks for \$20**  
9-10:30am MTWThF  
6-7:30pm MTWTh  
4-5:30pm F&S  
6:45- 8:15pm T&Th  
NEW 4-5:30pm M&W

FOR MORE INFORMATION  
**349-YOGA**



**COOPER MOUNTAIN**  
VINEYARDS

Wines made from certified organic grapes.  
Available at fine wine shops, restaurants  
and grocers throughout Lane County.

Beaverton, OR. 503-649-0027 • www.coopermountainwine.com



## Specializing in longer term health problems

- Thyroid Problems • Fibromyalgia • Menopause
- ADHD • Fatigue • Depression • Etc.

Using therapies such as:

- Diet and Lifestyle • Nutrition
- WTS (www.wilsonsyndrome.com) • Herbs
- Homeopathy • Detoxification

**Dr. Stephanie P. Wilson, N.D.**

1755 Coburg Rd., #6 • Eugene, OR 97401

**541-683-9357**

