

Active Isolated Stretching for Self-Care

Active Isolated Stretching (AIS) uses gentle, rhythmic movements to safely stretch your muscles and fascia. What is unique about AIS is the length of time involved with each and every stretch. AIS uses a 2-second rule for every stretch. That coupled with active muscle contraction creates an optimal environment for flexibility gains. These stretches will prepare you for any activity – athletic, recreational, and everyday tasks. If you are looking for a new way to stretch, are recovering from an injury, would like to prevent an injury or want to improve your fitness level, this class is an opportunity to jump start that process.

In this class you will learn how to stretch yourself and thereby gain an understanding of how better to instruct your clients in their own self-care. Wear comfortable clothing that allows you to stretch.

Lower Body: Learn how to stretch your low back, hips, knees and calves. These stretches are done mostly lying down. (*Material Needed:* Bring a yoga or Pilates mat with you or a blanket to lie on.)

Upper Body: Learn how to stretch your shoulders, neck and spine. These stretches are done seated and standing.