

## Tutorials for Xmas

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Tutorial Song 14 (Frank Sinatra)

## Order Of Service: Pilates at Christmas 2020

### Song 1 (It's Beginning To Look A Lot Like Xmas)

Exercise	Modification
<ol style="list-style-type: none"> <li>1. Pelvic Clocks</li> <li>2. Hip Rolls Feet Down</li> <li>3. Toe Taps</li> <li>4. Hip Rolls Feet Up</li> <li>5. Spine Curl – Rib-Cage Closure</li> <li>6. Spine Curl – Leg Lift and Lower</li> <li>7. Spine Curl- Battement</li> </ol>	<ol style="list-style-type: none"> <li>1. as class</li> <li>2. as class</li> <li>3. Toe Taps- Backstroke arms only (legs stay down)</li> <li>5. spine curl only – omit arms</li> <li>6 /7 stay at one of the previous spine curls</li> </ol>

### Song 2 (Jingle Bells)

Exercise	Modification
<ol style="list-style-type: none"> <li>1. 100s Single Leg Stretch</li> <li>2. 100s</li> </ol>	<ol style="list-style-type: none"> <li>1. Low level 100s Leg slides OR back stroke arms with hand weights</li> <li>2. Low Level 100s</li> </ol>

<p>Double Leg Stretch</p> <p>3. 100s Straight Leg Stretch</p> <p>4. 100s Teaser</p>	<p>Double leg slides And/Or Rib Cage Closure with weights</p> <p>3. Low Level 100s Leg slides OR back stroke arms with hand weights</p> <p>4. Low level 100s Roll up or come onto side and up to sitting</p>
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### Song 3 (Santa Baby)

Exercise	Modification
<p>1. Full Roll Backs</p> <p>2. Spine Stretch Forwards</p> <p>3. Climb The Tree (Prep) x 3 each leg</p>	<p>1. C Curve – roll sit bones under so shoulders still stacked over hips- take into roll back if maintaining c-curve shape.</p> <p>2. Sit up tall, soften knees if needed and rotate to each side OR just stay sitting upright and point/flex toes</p> <p>3. Down onto mat and practice curl ups (sit ups) OR a ham string stretch – sets of 10 each leg.</p>

### Song 4 (Macarana)

Exercise	Modification
<p>1. C-Curve into Half Roll Back</p> <p>2. Arms- palms turn up touch each shoulder touch the pack of your head arms back out in front</p>	<p>1. Stay sitting upright</p> <p>2. Use hand weights</p>

3. Shimmy Oblique Roll Backs	3. Rotation- sitting upright
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**Song 5 (Swan Lake)**

<b>Exercise</b>	<b>Modification</b>
1. Mermaid 2. Mermaid- rotation 3. Side lying Arm Openings  -Repeat the other side-  1. Side lying Arm Openings 2. Mermaid 3. Mermaid- rotation	<b>As class- make sure you have head pillows close to hand each side</b>

**Song 6 (Snowman)**

<b>Exercise</b>	<b>Modification</b>
(Laying on your front) 1. T Arms  2. Leg lift opposite arm Salute With Rotation	-4 point kneeling – 1. T arm – do one side and then the next time, do the other arm. 2. Leg slide option to add opposite arm forwards  -OR-

	<ol style="list-style-type: none"> <li>1. Lift and lower upper chest and lift and lower arms- or stay upper back extension and open arms slightly, or just lift and lower them</li> <li>2. Either just do legs, or just arm salute with or without the rotation.</li> </ol>
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**Song 7 (Let It Go)**

<b>Exercise</b>	<b>Modification</b>
<ol style="list-style-type: none"> <li>1. Saw With Windows – band is optional</li> <li>2. High Kneeling lunge with Rotation</li> </ol>	<ol style="list-style-type: none"> <li>1. You could sit up on a chair you could omit the stretch forward and instead just do the arms</li> <li>2. omit the rotation and / or standing back lunge</li> </ol>

**Song 8 (Winter Wonderland)**

<b>Exercise</b>	<b>Modification</b>
<p style="text-align: center;"><b>(Side Lying Legs)</b></p> <ol style="list-style-type: none"> <li>1. Lift and lower x4</li> <li>2. Back and forwards x4</li> <li>3. Circles x4 each direction</li> <li>4. Developpe -4 each direction</li> </ol> <p style="text-align: center;">-Repeat the other side-</p>	<p style="text-align: center;">1-3 Everyone should be ok with</p> <p><b>You can have your head on pillows or be up on your elbow</b></p> <ol style="list-style-type: none"> <li>4 You could either just slide your leg up and back down, or you could do oyster</li> </ol>

### Song 9 (Holly Jolly Xmas)

#### Exercise

1. Side Bend x 6
  2. Snake & Twist
- Repeat the other side-
- Snake & Twist  
Side Bend

#### Modification

1. Mermaid / or just lift on to your knee
2. Snake and twist start set up, rotate like thread the needle- then lift onto knee if possible.

### Song 10 (Mariah!!)

#### Exercise

##### Series of 5

1. 100s
2. Single leg stretch
3. Double leg stretch
4. Straight leg stretch
5. Criss-Cross (oblique rotation)

#### Modification

You could do all of it with your head down- ribs heavy- but legs as class OR ...

1. Low level 100s
2. Single Leg slides
3. Double leg slides
4. Back stroke arms
5. Curl up (sit up) with rotation

### Song 11 (Mis Deseos)

Exercise	Modification
<p data-bbox="316 952 561 985"><b>4 point kneeling</b></p> <ol data-bbox="119 990 782 1281" style="list-style-type: none"><li data-bbox="119 990 322 1023">1. Hula Hoop</li><li data-bbox="119 1059 659 1093">2. Thread The Needle (Straight Leg)</li><li data-bbox="119 1171 651 1205">3. Cat with knees off the floor (1mm)</li><li data-bbox="119 1209 782 1243">4. Into Downward Dog- heels lift and lower x4</li><li data-bbox="119 1247 322 1281">5. Body Rolls</li></ol>	<p data-bbox="849 952 1535 1057">You could do it in standing with your hands on a table or back of a chair For 4- do wag tail instead</p> <ol data-bbox="880 1171 1423 1281" style="list-style-type: none"><li data-bbox="880 1171 1423 1205">3. Cat- can be done with knees down</li><li data-bbox="880 1209 1332 1243">4. Wag tail instead of inversion</li><li data-bbox="880 1247 1104 1281">5. Cat / wagtail</li></ol>

### Song 12 (Silent Night)

Exercise	Modification
<ol data-bbox="119 1601 774 1747" style="list-style-type: none"><li data-bbox="119 1601 774 1706">1. Arm Circles (over a small ball, or against a large ball is optional)</li><li data-bbox="119 1711 258 1747">2. Cobra</li></ol>	<p data-bbox="833 1601 1471 1706">When we do cobra you could just go back to pelvic clocks Or just do a half cobra</p>

### Song 13 (Cold December Night)

Exercise	Modification
<p data-bbox="316 1998 561 2031"><b>4 point kneeling</b></p> <p data-bbox="140 2036 737 2110">Thread the Needle – forwards, in line with shoulder, to corner of room behind</p> <p data-bbox="215 2143 662 2177"><b>High Kneeling leg out to side</b></p>	<p data-bbox="833 1998 1503 2072">Could be done in standing- legs wider than hip width</p> <p data-bbox="880 2143 1460 2177">- For hawke, just do an upright rotation</p>

Side bend with dance partner

Hawke

-Repeat the other side-

**Hawke**

**Side bend with dance partner**

**4 point kneeling**

**Knee Opening / opposite side Salute**

- Can be done as a standing oyster
- Or if in 4 point kneeling- You could do arms only or legs only

**Song 14 (Frank Sinatra) Merry Christmas to you all, Kx**