

Align. Strengthen. Thrive.

## Welcome!



Welcome to the first edition of my monthly newsletter!

I'm thrilled to share this space with you. Each month, you'll find teaching tips, insights to deepen your Pilates practice, and updates on upcoming classes, workshops, series, and teacher trainings.

Pilates is never just about one movement, it's about how that movement lives across form, feedback, and flow.

Starting Monday, May 12, I'm kicking off a 6-part Instagram series that threads the classical Neck Pull through the Mat, Reformer, Trapeze Table, Wunda Chair, Pilates Arc, and Ladder Barrel.

Each day, we'll explore:

- How spinal articulation and core control evolve across each apparatus
- Where flexion, extension, and rotation hide in plain sight
- Why the Neck Pull unlocks deeper movement intelligence

Whether you teach, train, or simply love to move, you'll gain fresh tools and inspiration to fuel your practice and your teaching.

Follow @LaurensVibePilates on Instagram to catch the series – launching next Monday!

See you on the mat and across the apparatus.

In movement,  
Lauren

Lauren's Vibe Pilates  
*Align. Strengthen. Thrive.*



## May 3 International Pilates Day Recap

We had a lovely group who joined my free online mat class for International Pilates Day! If you missed the live class, you can still catch the full session on my YouTube channel: [Lauren's Vibe Pilates](#). While you're there, check out the 10+ free videos!

## NEW ONLINE & LIVE MAT CLASSES!

### New Online Classes Start May 19!

Join me live each week for two fresh options:

- Beginner Level: Wednesdays, 8:00–9:00 a.m. EST
- Intermediate/Advanced: Mondays, 5:30–6:30 p.m. EST

*Build your foundation or challenge your flow!*

[Register by clicking here](#)



[www.laurensvibepilates.com](http://www.laurensvibepilates.com)



[lauren@laurensvibepilates.com](mailto:lauren@laurensvibepilates.com)



[@laurensvibepilates](https://www.instagram.com/laurensvibepilates)



# LAUREN'S VIBE PILATES

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## UPCOMING TEACHER TRAINING!

I'm excited to return to the beautiful studios at Transcendent Wellness in New Bern, North Carolina to lead Balanced Body's signature Reformer 1 Teacher Training!

It's always a joy to collaborate with Melissa Kakavas, owner and director of Remedy Movement—the Balanced Body Authorized Training Center in Raleigh—to expand the reach and impact of Balanced Body Education® across North Carolina.

Spots are limited and tend to fill quickly—secure yours today by scanning the QR code or [clicking this link to register](#). I'd love to see you in New Bern!



**REGISTRATION OPEN!**  
Remedy Movement is bringing  
Reformer 1 Teacher Training to  
New Bern, N.C.



Date: May 17-18  
Studio: Transcendent Wellness  
Time: 10:00 am-6:00 pm  
Cost: \$600.00 + materials

SCAN TO REGISTER



SCAN ME

[www.remedymovement.com](http://www.remedymovement.com)

Email Lauren  
at [kearnspilates@gmail.com](mailto:kearnspilates@gmail.com) for more information



## PRACTICE TIP: ACTIVATING THE POSTERIOR CHAIN

A strong and active posterior chain - - the muscles along the backside of your body, including the glutes, hamstrings, and spinal extensors - - is essential in Pilates for creating balanced strength, supporting healthy posture, and improving core integration. Many of us are anteriorly dominant (overusing the front body), so awakening the back body helps restore alignment and efficiency in movement.

Great pre-Pilates and Pilates exercises to activate the posterior chain include:

- Pre-Pilates: Flat Back Bridge, Opposite Arm/Leg Reach, and Mini-Swan
- Mat Pilates: Shoulder Bridge, Swimming, and Leg Pull Up
- Reformer: Bridging & Pelvic Lift, Long Box Pulling Straps, and Long Box Swan
- Chair: Hamstring Stretch 2, Swan on Chair, and Reverse Swan
- Tower/Trapeze: Joe's Breathing, Rolling In and Out, and Thigh Stretch

***Consistent activation of the posterior chain builds the support you need for deeper core work and safe spinal articulation.***