

Pilates Soft Ball – Home Practice

A gentle note before you begin

This practice is intended as supportive, controlled movement. Please work at a pace and range that feels right for **your** body today.

You are always welcome to pause, rest, reduce the range of movement, or skip any exercise. If you are unsure whether this practice is suitable for you, please check with your healthcare professional.

This practice is about support, not performance.

Seated Pelvic Floor & Inner Thigh Awareness

1–12 repetitions

Sit upright on a chair or stool. Place the soft ball gently between the inner thighs.

As you exhale, add a light squeeze of the ball and notice a natural lift through the pelvic floor, as if gently tightening around the back passage. Hold for 3–5 counts, then fully soften and release.

Cue: *Light squeeze, then fully let go — we're waking things up, not gripping.*

Seated Rotation with Pelvic Stability

2–16 repetitions

Keep the ball between the thighs and sit tall. Add a gentle rotation through the ribcage.

Exhale to rotate, inhale to return to centre.

Cue: *Pelvis stays steady, knees quiet. The movement comes from the ribs, not the hips.*

Four-Point Kneeling – Core & Alignment

2–8 repetitions

Come onto hands and knees. Place the ball on the low back.

Gently support through the abdominal wall without pressing into the ball. The shape of the spine stays the same — no rounding or arching.

Cue: *The spine stays long and quiet.*

If this feels comfortable, you may be able to progress this exercise to one we've practised in class.

Bridge with Ball

6–12 repetitions

Lie on your back with the ball between the knees. Feet rest under or just in front of the knees.

As you exhale, gently squeeze the ball and allow the hips to lift into a bridge. Inhale at the top, then slowly roll back down.

Cue: *Inner thighs support you. Imagine your spine as a string of pearls, rolling up and down one pearl at a time.*

Deep Neck Flexors

1–12 repetitions

You can place the soft ball gently between the chin and chest, or use your hands in a prayer position with the little finger under the chin and the thumbs resting on the breastbone.

Gently draw the chin in and lengthen the back of the neck. You may notice your gaze drop slightly. Hold for around 10 seconds, working at about **5–10% effort**, then release.

Cue: *Eyes heavy, jaw soft — it's small and subtle.*

Some of you may choose to progress this by adding a gentle curl-up as you exhale, returning on the inhale. Feel free to add your favourite Pilates exercise here if it feels appropriate for you.