

Foam Roller Fun

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By Julia Hughes

For years, I've had a collection of foam rollers in both my home and my studio. The sizes and density vary, but each serves a purpose. The smaller one is perfect to cart as a carry on when traveling, the blue marbled one works best on my quads. My family has added to the collection over the years, too. As someone who spends a lot of time pounding the pavement while walking my dogs, my quads have a love/strong dislike relationship with the foam roller.

Years ago, I took a class at PES with my now colleague, Scott Samford. My mind opened to possibilities, while my legs begged me to stop rolling. I didn't stop using the foam roller. In fact, I started pulling mine away from the corner more consistently to find new ways to challenge my practice and ease my muscles.

In 2020, like so many of us, I began teaching clients virtually. I still do. Not everyone has access to a spine corrector or small barrel. However, many people have at least one foam roller lying around their home. The foam roller is a great way to add some stretch into students' practice and help open them – combating forward flexion in daily life.

This prop can easily be used to explore various key concepts. The mind body connection must be present when working with the foam roller, as it does exactly what its name implies: rolls. I find this prop to be quite helpful when focusing on concentration, centerline, and three anchors. It offers the student opportunities for stretch and challenges stability.

As an instructor, my students know the foam roller is among my favorite props. Their reactions when I make a beeline for

where they are stored always makes me smile. I enjoy finding creative ways to use it throughout the session. That said, I often use it at the beginning of sessions. This helps make sure my students feel the work as they take their practice away from the studio.

Register today to join me Friday, Thursday, February 20, 2025 from 2:00-4:00PM EST to learn more about how to use this prop in your practice and teaching and simultaneously release the fear of and have fun with the foam roller.

Register now:

Date/ Time: February 20, 2025, 2:00-4:00pm EST(New York)

USA/

Asia:

<https://peakpilates.com/foam-roller-fun-virtual-workshop-february-20-2025/>

EMA: www.peakpilates.eu- [search foam roller fun](#)

Need a foam roller- check out our EVA foam roller – covered with soft foam for easier rolling!
<https://peakpilates.com/peak-pilates-eva-foam-roller/>