

Join us for Pilates in the Art of Zen

Sure, **Pilates** builds **long lean muscles** and a **strong core**.
but did you know that a consistent **Pilates Practice** can

- Ⓢ **decompress** and **align** the spine
- Ⓢ **deepen breath** and **increase stamina**
- Ⓢ insure **internal organ massage** with every breath
- Ⓢ improve **range of motion** in the shoulders and hips
- Ⓢ increase **body awareness**
- Ⓢ improve **flexibility** and **balance**
- Ⓢ sharpen **concentration** and **focus**
- Ⓢ **prevent wear** in joints and keep them lubricated
- Ⓢ **prevent injury** and **protect** the **lower back**
- Ⓢ **release** energy
- Ⓢ **remove** the aches and pains of daily activities
- Ⓢ **counteract** the stress of hours of driving or sitting at the computer

create a body in partnership with its own design

Apply the **ease and efficiency** your body your body
learns in the studio **to every moment** of your life –
sitting walking working, standing, sleeping

Experience freedom in motion and strength without stress

Pilates – it's a practice for life