



Currently providing  
Private and Small Group  
Pilates Wellness & Fitness  
instruction in a serene,  
tranquil environment.

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*Physical Therapy services  
are available upon request,  
and include a whole body  
approach to healing.*

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“In order to achieve balance  
of body, mind and spirit,  
I believe it is necessary to  
open our minds, embrace new  
movement experiences and  
discover our inner strengths.

Pilates has been a true blessing in  
my life, to such an extent, that  
I have chosen to share this  
wonderful gift of movement with  
all who have the desire to learn.”

Specializing in Breast  
Cancer and Pelvic Floor  
Rehabilitation, Sacroiliac  
Joint Dysfunction, Pre  
& Post Natal, Fibromyalgia,  
Extremity Lymphedema,  
Performing Arts,  
Therapilates for  
Osteoporosis And  
Orthopedic Injuries.



*“ In Ten sessions  
You’ll feel the difference*

*In Twenty  
You’ll see the difference*

*In Thirty  
You’ll have a new body”*

*~Joseph Pilates*