

What is Pilates?

Pilates is a system of exercise developed by Joseph Hubertus Pilates during WWI. He used the springs of bunk beds to work the muscles of those who were injured or paraplegic. He gradually grew his technique into a **full body discipline that works all of the smaller muscles of the body to ensure total body health.**

The **Classical NY style** that Pilates developed uses **several types of apparatus** to facilitate each exercise.

The exercises are done carefully, with appropriate precision and pace, yet very few repetitions, in order to maximize the effect.



Why should I try Pilates?

Pilates found ways to support and strengthen all the systems of the body; and he **applied it to real life.** Pilates exercises strengthen the core muscles which addresses **chronic back pain, coordination, balance and everyday lifting.** So you are also less likely to be injured when you slip going off a curb or to throw your back out taking the golf clubs out of the car.

Pilates is also a great endorphin rush. Clients come to the workout feeling stressed, but as I work them out they brighten up, they begin to joke and laugh, and **by the end of the session they are smiling, relaxed and energized.**

Who is Emory Story?

Emory has been in love with **Movement** since she was four years old. Spellbound by Margot Fonteyn and Rudolph Nureyev doing Romeo and Juliet for The Royal Ballet, she danced **Classical Ballet** all the way through childhood, which culminated in a Full Scholarship to the David Howard School of Ballet in New York City. **Jane Fonda's Workout** routines helped to maintain her body condition after the birth of her son, and later she added **Kundalini, Hatha, and Power Yoga** into her life.

Emory is fully Certified in **Classical New York Style Pilates** and has been trained by Jill Cassidy - who was trained by Romana Kryzanowska, who in turn was trained by Joseph Pilates himself.

"Teaching Pilates", Emory says, "is like coming home...to realize that what I need to be doing is showing people how wonderful movement can be. Maintaining the dialogue with your own body is the most important thing you can do for your health and well being."



What Should I expect?

In a **one-on-one training session** I explain each exercise and then cue you on what muscles to use. You just listen and follow along. It can be very meditative because the **physical concentration focuses the mind without effort.**

Is Pilates right for me?

Pilates is right for everybody. It is wonderfully adaptable. There are modifications, auxiliary exercises and equipment for people with limited motion, muscle weakness, or for Athletes and Dancers recovering from injury.

When will I see results?

Pilates is a delight to teach because it works so quickly. Clients are surprised that they feel progress in just a few weeks. They are so proud when they accomplish something that felt impossible before. I've seen that happen. I've felt it happen in my own body.

How often should I work out?

I recommend that clients come in once or twice a week. If you hike, or take a Yoga class Pilates sustains and supports all of that. I am a Tango dancer, so I dance 2-3 times per week, then do my 2 Pilates workouts and I'm set. If I don't dance for a week, my body is still in great condition for when I go back to it.

Emory teaches private Pilates sessions in Santa Monica, California. Please call her directly for an appointment.
310.880.3042