

HEALTHY LIVING HEALTHY PLANET

natural awakenings

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FREE

Simple Summer

Free Your Spirit
with Simple
Pleasures

Sun-Sational
**SKIN
SAVERS**

GMOs
Real Risks
You Need
to Know



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The Power Pilates method encompasses more than 500 controlled, precise movements designed to stretch and strengthen muscle without adding bulk.

What is Power Pilates?

The Power Pilates method is designed to strengthen, stretch and stabilize the body, offering unparalleled results. It is a whole body technique that not only increases stamina in a single workout, but provides the gift of strength and longevity with repeat sessions. The workout behind the brand honors the original method developed by Joseph Pilates. The Power Pilates brand maintains a distinguished presence in the Pilates industry due to the classical Pilates style where each and every movement derives from the body's core – the “powerhouse”.

Supported by more than 7,000 Power Pilates trained graduates, Power Pilates is distinguished in the industry by an unwavering emphasis on training that honors the integrity of the original method developed by Joseph Pilates.

At Power Pilates - our students discover a profound sense of community. At its roots, Power Pilates has sought to create a Pilates community in the spirit of Joseph Pilates - energetic, committed and ever evolving. The founders of Power Pilates, started with a nascent group of studio instructors, have since propelled the total population of Power Pilates professionals and consumers into thousands upon thousands on a global scale.

Though the Power Pilates community has grown in size, the spirit remains intact. This spirit is reflected in our core beliefs; in our relentless commitment to the integrity of the method, in the way we organize our training programs, in our inspiring and motivating teaching method, in our personalized attention to our students, and in our connected approach with our studio clientele. It is felt in the energy exuded at our regional conferences, in the sweat breaking

through during a vigorous workout session, and in the concentration of a new student listening to a senior trainer. The spirit at Power Pilates is strong, rewarding and invigorating.

How is it helpful to your Body, Mind, and Soul?

The Power Pilates method encompasses more than 500 controlled, precise movements designed to stretch and strengthen muscle without adding bulk.

At Power Pilates you will be empowered to discover your inner strength, transform mind and body, increase stamina, improve your health and achieve a new and exciting physical well being.

Your body will totally transform from the inside out; Posture will improve, abdominals, back and buttocks will strengthen and become more visibly toned, while arms and legs will become leaner. Your energy level will dramatically increase. Chronic back pain and other debilitating physical ailments will decrease significantly as your range of motion and mobility improves. And people around you will notice a substantial difference in your overall appearance.

Where is your studio located?

Power Pilates flagship studio is located in the heart of New York City's bustling Flatiron district at 49 West 23rd street on the second floor.

Go to www.powerpilates.com and watch our video or feel free to visit our chelsea studio and take one of our group classes. New clients get a free small group training class with mention of this ad (excludes tower classes).