

properly. If your core is stable and your shoulders are clear and your feet is standing in line with your spine, it helps you exercise better."

Drawn to healing in both a massage therapist and Pilates class, becoming an

I was amazed at the healing aspects of Pilates, the way the body could move naturally and reconnect with the center.

instructor was a natural calling for Meline. She provides massage at Peak Pilates, as well.

Suey Hodges has been directing Bookers in Mexico at the Rarigart Club of



Strengths for four and half years. Her classes are open to the public and she currently offers exclusively private sessions. Stay until to work as a general dance instructor at Ballet Memphis.

After discussing Pilates, she constantly fell in love with the method, because controlled and left. Ballet Memphis to open Bookers in Mexico.

"I was amazed at the healing aspects of Pilates, the way the body could move naturally and reconnect with the center." Suey says, "I love that it reconnects people with the most important muscles, muscles that hold the skeletal system together, and wake up that area of the body."

Pilates is perfect for people with injuries or ailments that make them unable to do regular exercise. All of the mat exercises and equipment give people countless

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— Lin, 1944

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