



Pilates Nomad

Bring movement into your life with Reformer Pilates. I am a certified Pilates instructor offering one on one private sessions at my home studio in Abiquiu. Pilates will meet your needs to improve your movement in a graceful and challenging way. It's a full-body exercise method that will help you do everything better. It strengthens and stabilizes your core, which is your foundation, so that you can move efficiently while improving your posture, flexibility and mobility. My teaching approach varies from beginner to athletic and is customized to the client's skill level.

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