

# Olivia Howard

## CERTIFIED PILATES INSTRUCTOR

### **Instructor Education/Certifications:**

I have been a Pilates student for the past 5 years, and started teaching last year. I started with the Stott method at physical therapy, then trained as a Polestar student, and settled in with Balanced Body University for certification. I spend at least one weekend a month attending new classes.



### **Instructor Philosophy:**

As an instructor my intention for our clients is to find their center of balance in body, mind and spirit. I believe we function at our best when we are integrated and present. Pilates is a wonderful activity for the whole person from 10 -100! In connecting to and developing the mind, body and spirit, here are the key principles to the Pilates method: breathing, concentration, control, centering, precision, balanced muscle development, rhythm/flow, whole body movement, and relaxation. To be healthy in body and mind it is important to understand the balance between effort and relaxation. In Pilates we learn to use just the amount of effort and will needed to complete the exercise correctly, no more, no less. Learning to release unnecessary tension in our bodies helps us to find ease and flow in movement and in the rest of our lives I enjoy myself very much when I'm teaching Pilates! I love to inspire clients to look and feel their best. I'm very supportive and present and I listen to their needs. I love to provide a space with, "good energy" that's calm and happy. I also love it when a client starts to make the neurological connection to the exercises. That's when the body starts to change becoming stable, and strong with improved and more graceful movement. Whether a beginner or a super-fit athlete there are routines and exercises that will surely change your body while providing just the right challenge for you.

