



BODY AWARENESS

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INSIDE THIS ISSUE:

MEET THE INSTRUCTORS	1
THE BENEFITS OF PILATES	1
NEW FALL MAT CLASSES	2
PILATES IS NOT JUST FOR WOMEN	2
MORE ABOUT BODY AWARENESS	2

THE BENEFITS OF PILATES

- Creates a balanced and evenly conditioned body
- Elongates and strengthens muscles while increasing flexibility
- Develops Core Strength
- Challenges without increasing stress on the joints of the body
- Improves posture and awareness

MEET THE INSTRUCTORS: KINGA AND MEGHANN

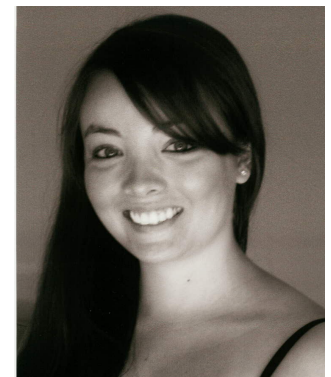
Kinga Night was born in Budapest, Hungary. At 11 years old she began competing internationally as a rhythmic gymnast. While attending a high school for professional athletes, Kinga began a career in dance and held feature roles in many theatrical productions, including *Cats*. She majored in Rhythmic Gymnastics at the University of Physical Education in Budapest and coached her own team. Upon arrival in New York in 1990, she earned a dance scholarship to the renowned STEPS and appeared on stage and television in more than 30 countries. She returned to physical fitness in 1998 when she moved to Orange County. Kinga received her Pilates Certification at Aline Studios and has been teaching Pilates full-time since 2002.

Meghann Oakes was born and raised in the San Francisco Bay Area. She received her dance training at the Contra Costa Ballet Centre where she was a member of their Pre-Professional Company for four years. Meghann attended the University of California, Irvine where she received her B.A. in dance with a minor in education. She performed in numerous classical and contemporary ballets, including *The Nutcracker*, *Swan Lake* and George Balanchine's *Serenade* and *Stars and Stripes*. Meghann completed her certification in the Pilates Method in June of 2006 from Diane Diefenderfer of Studio du Corps, the Pilates Center of Orange County as well as an internship with Kinga Night, the Director of Pilates at Body Awareness.



Above: Kinga Night, Director/Instructor.

Below: Meghann Oakes, Instructor



THE BENEFITS OF PILATES AND CORE STRENGTHENING

Pilates is an exercise system designed to balance strength and flexibility through body movements that elongate and tone your muscles while teaching good posture, graceful movement and proper breathing. The "core" of the body includes the abdomen, back and pelvic region. Core strengthening focuses on

training these muscles for strength and endurance. The core muscles should be strong but also have good endurance since these are the muscles that hold you up in good posture all day long, whether you are sitting or standing. Having good core strength may help to resolve some back and neck pain through better posture and

general body mechanics. Pilates focuses on the core muscles to improve posture, strength and endurance while improving the tone and flexibility of muscles in your arms and legs. Various pieces of specialized equipment and specific exercises create a safe exercise environment for all levels of fitness and any age group.

NEW MAT CLASSES

Starting September 26th, Body Awareness is starting the Fall Mat Class Schedule. Meghann will be teaching Tuesday/Thursday morning classes for all levels and on Saturday mornings, one class for beginners and one intermediate class.

The beginners class is best for someone trying

Pilates for the first time or is at a lower level of fitness. The intermediate class will focus on more advanced movements to challenge all participants.

Mat classes are kept to 10 participants so that everyone receives the benefits of attention from the instructor. All equipment is provided, including mats

and towels. Be sure to tell your instructor if you have any physical conditions that may effect what you are able to do in class.

We offer a package price of \$130 for 10 sessions or a single class at \$15. Please call ahead to sign up for the class or to get more information. Call us at (949) 366-3362.

Fall Mat Classes

Tuesday mornings

All levels

Thursday mornings

All levels

Saturday mornings

Beginners

Intermediate

Call for times and to sign up!



Kinga works with client, John Adams.

IS PILATES ONLY FOR WOMEN?

It is a common misconception that only women do Pilates. Men are often under the impression that it is for dancers. Some men that lift weights may think that they will not be challenged enough.

This is simply not true. Many professional athletes have turned to Pilates for the benefits of core strengthening, flexibility and a new

approach to cross training. Because it is a low-impact exercise, it is easier on the joints and makes for an excellent off-day regimen.

Practicing Pilates 1-2 times a week will have an incredible effect on your posture and many of the concepts involved can be carried over to weight training and other exercises where maintaining proper posture is an issue.

Many high level athletes and active individuals will find Pilates a refreshing change to a boring ab work out and will definitely “feel the burn” even after the first session.

Small class size in our mat classes and the individual attention of a Private or Duet session allows the instructors to focus on each participant’s needs and goals, at any level of fitness.

MORE ABOUT BODY AWARENESS

Body Awareness Physical Therapy and Wellness Center is located in The Courtyards at Talega off Pico and La Pata in San Clemente, in the same center as Z-Pizza and Starbucks. We offer a full range of physical therapy services as well as our Pilates studio. Body Awareness started in Costa Mesa in

2000, by physical therapist Chrissie Morgan. We opened the San Clemente location to better serve Talega and other surrounding communities. We are excited to see new businesses and homes springing up all over and will stay actively involved in the community. Chrissie is a resident of San Clemente and

enjoys all this beautiful city has to offer with her husband and two young children.

Call Body Awareness at (949) 366-3362 for more information. You can also check out our website at www.BodyAwarenessPT.com.

We look forward to hearing from you!

