

PILATES

at *motion studies*

Joseph H. Pilates developed a system of body conditioning in the early 1900s. His methods have long been employed by dancers and athletes to maintain proper alignment and prevent imbalances. The Pilates Method consists of exercises performed on a mat and specialized resistance-based equipment.

Pilates improves overall fitness and aids in injury recovery. The controlled, fluid movements elongate and strengthen the entire musculature and develop an evenly balanced and supple physique.

Pilates is safe, sensible, yet challenging exercise that teaches body awareness, good posture and efficiency of movement. No matter what your age or condition, Pilates at Motion Studies will transform the way your body looks, feels and performs.



MARY RIPPER BAKER
Owner, Motion Studies

A Certified Pilates Instructor, Mary was introduced to Pilates, Laban Movement Analysis, and Bartenieff Fundamentals during her training at Texas Christian University where she earned a BFA in Modern Dance. Mary started teaching Pilates in her hometown of Houston and studied with teachers trained by Romana Krysanowska, an original disciple of Joseph Pilates. In 2000, she completed her advanced certification in 'Art of Movement' observation techniques, analyses and fundamental movement patterning as applied to the system of Joseph H. Pilates.

Mary's wealth of Pilates knowledge grows as she continues her education with teachers from Stott, Polestar, BASI, and Balanced Body University, to name a few.

mary@motionstudies.com 719-635-7844



MOTION STUDIES OFFERS:

- » *Pilates classes (private & group)*
- » *Physical therapy*
- » *Massage therapy and yoga*
- » *Certified expert instructors*
- » *Studio space rental*
- » *A healthier you!*

"Since 2000, Diane and Mary have given me consistently superior Pilates classes at Motion Studies. I no longer suffer from my recurring back problem, and I feel certain their instruction has been a major contributing factor to my strength and freedom of motion. As a senior, I consider Motion Studies my fountain of youth!"

*- Judith Kay M.A., M.ED.
Reading Consultant*

4460 N Chestnut Street
Colorado Springs, CO 80907
(adjacent to La Baguette)

719-635-7844
WWW.MOTIONSTUDIES.COM



motion studies
TRAINING FOR MIND, BODY & SPIRIT



Motion Studies

PHYSICAL THERAPY
at *Motion Studies*

PILATES AND WELLNESS CENTER OF COLORADO SPRINGS



Motion Studies is a balanced center for movement, awareness, and training for the mind, body, and spirit. We synthesize many movement systems to observe, analyze and design your tailor-made Pilates sessions. You will be carefully guided through each **private and semi-private session** on the Pilates equipment with focus on alignment, breathing, strengthening, stretching, and body/mind dynamics.

Group movement classes are taught in the enclosed studio space, which features a sprung dance floor. **Pilates matwork and a variety of yoga and movement classes** are continually offered. *SEE ENCLOSED SCHEDULE OR WEBSITE*

The services of **Licensed Massage Therapists** are also available in our private treatment rooms.

The highly-qualified team at Motion Studies will help you achieve your health and wellness goals in an enjoyable and encouraging environment.

At Motion Studies, we will help you:

- » improve alignment, core strength & flexibility
- » improve performance & stamina
- » regain lost movement after injury
- » learn to breathe & reduce stress
- » relieve joint & back pain
- » rediscover the joy of movement!

Motion Studies welcomes anyone who has a desire to reach excellence, including:

- » people recovering from injuries
- » athletes—skiers, golfers, runners, dancers
- » desk jockeys and weekend warriors
- » new mothers/mothers-to-be
- » grandparents/seniors

“Pilates is a constant energy renewal for me. It not only strengthens and reshapes my body, but clarifies my thinking. I couldn’t possibly give it up; Motion Studies is an essential part of my personal health care system.”

- Cynthia McVay, retired dancer

Integrated Physiotherapy, Inc. (IPI) is a private practice located within Motion Studies. This relationship enables IPI to integrate aspects of Physical Therapy and Pilates in order to offer a complementary approach to injury rehabilitation, performance training, fitness, and wellness.

IPI offers each client a unique and effective approach to Physical Therapy based on:

- » *Principles of Manual Therapy*
- » *Use of appropriate modalities*
- » *Integrated fundamentals of Pilates-based exercise programs*
- » *One-on-one private appointments*

diane@motionstudies.com 719-635-7844



DIANE MASSIK PT, PPI
*Owner,
Integrated Physiotherapy, Inc.*

Diane was introduced to The Pilates Method during her professional ballet career. She completed her Comprehensive Pilates Certification through the Professional Health and Fitness Institute and has been teaching since 2002 with clients of all ages and levels. She has worked as a Physical Therapist in numerous settings since 1995 with an emphasis on Manual Therapy techniques. In 2005, Diane achieved her goal of combining these approaches as complements of each other within the cooperative atmosphere of Motion Studies.

Diane is also a Certified Educator in The Franklin Method®, which synthesizes movement, imagery and somatics into a unique and accessible tool for improved experience and performance in any body or movement discipline.

QUESTIONS? 719-635-7844

WWW.MOTIONSTUDIES.COM