

Movement Exploration From The Inside Out

Healdsburg Pilates & Personal Fitness
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Thurs. mornings
9am - 10am
Feb. 2 - Mar. 2
Space is limited!

This Pilates Mat series is designed to deepen our understanding of our muscle/skeletal relationship in movement and balanced alignment through an in-depth exploration of the Pilates method of exercises on the mat— guaranteed to make your friends jealous of your new body if not your new anatomical vocabulary!

