

# Pilates Sessions with Jessie Zalla



*Jessie Zalla is a master level Pilates teacher described by students and colleagues as warm, intelligent and genuine. She is a highly trained, intuitive teacher who has studied with several of the Pilates elders including Kathy Grant, Ron Fletcher and Mary Bowen. She has also studied with and has been highly influenced by Pat Guyton's teaching and guidance.*

*Jessie's teaching draws from her study of Physiology and her background as a professional dancer and yoga teacher. For Jessie, Pilates is as much about a new self awareness as it is about movement and exercise. Jessie cultivates in her students the ability to perceive, identify, and direct their own bodies with precision, subtlety and grace.*

*She currently teaches out of her studio, Jessie Zalla Pilates, in Greenpoint, Brooklyn. She also teaches Anatomy at Abhyasa Yoga Center in Williamsburg Brooklyn and offers summer Catskill mountain weekend retreats with Pilates, hiking, evening yoga and farm fresh cuisine in Stone Ridge, New York.*

**Join us July 18th, 2010 for 2 classes and a workshop.  
Register Now. Space is Limited. 845.876.5686**

11 am

## **MAT CLASS**

Simultaneously strengthen and lengthen in this rigorous mat class. You will be challenged to find more flexibility in your spine, to breathe more fully and tease gravity while you perform the old school mat exercises. Standing work, breath work, visualization and props will be incorporated into the class.

*\$25 / 12 people max*

12 pm

## **TOWER CLASS**

Put your mat work into action on the Tower machine. Let the machine help you to find stability while you perform your leg springs, arm springs, mat work and Tower work. The Tower gives your body the proper amount of resistance needed to feel more thoroughly your way through the exercises. Standing work, breath work, visualization and props will be incorporated into the class.

*\$40 / 5 people max*

2-5 pm Workshop

## **MAT WORK FROM THE INSIDE OUT**

Cues, tips and challenges to help deepen and understand your mat work from your true core, your spine. How to use the mat work exercises to develop your body uniformly, correct wrong posture, restore physical vitality and invigorate your mind.

This workshop is for Pilates teachers or serious students who want to deepen their understanding of mat work, the original exercises of Joseph Pilates. Jessie will guide you through both classical Pilates exercises and modifications of the exercises to learn how to systematically and progressively strengthen both your understanding of the exercises and your structure within them.

You will leave with a new understanding of how we do the mat work, why it works, and how to advance into the work called Pilates.

*\$100 / 3hr workshop*



**845.876.5686**

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[www.rhinebeckpilates.com](http://www.rhinebeckpilates.com)

**Sign-Up Today! Call the Studio at 845.876.5686.**

**All classes and sessions are by appointment only.**

**There is a 24 hr cancellation policy for all classes and sessions.**