

# Pilates in Paradise Hosts Grand Re-Opening Celebration

Story and photos by Rachel Peine

The skies were clear for the crowd gathered outside the new location of Pilates in Paradise for the Grand Re-opening Celebration on August 22. Organic delights from Remedy's provided an extra incentive for the eager crowd, along with music by David Feder and Marc Berner, as Christi Allen beamed with pleasure.

Pilates (Pi-LAH-tees) is an exercise system created by German fitness instructor, Joseph Pilates, at the beginning of the 20th century, based on exercising against resistance, which is how the Pilates equipment works.

As Christi describes the exercises, Pilates is meant to be done as a system, to work on each individual body based on the person's needs. The purpose is balance, strengthening, stretching, and control. Each exercise works on those elements. There are over 600 exercises in the original Pilates repertoire. Students start privately, to determine the individual's needs and goals. Some people do only private work, and some only do classes. Each person works all forms of flexion, bending the spine, stretching, and learning mind-body awareness and control.

In addition to breathing, practitioners learn control and awareness of body movement. Why do we develop painful backs, joints, and muscles? When people move unconsciously, the body becomes out of balance. Some movements we do every day, such as driving or lifting, may be repetitive and shift the body's alignment off. Pilates is a way to reestablish

the alignment and find the balance and freedom of being in the aligned state. Everyone starts with an introductory lesson that determines the needs of the

problems with her legs and feet from over-exercising at a gym, she said, "I was like an ancient person coming down the steps. I had to hold onto the rail and do one step at a

was 18 years old, and she's as proud of it as she can be. She's been doing Pilates for over a year, and her goal was to stay in good health and have a better mind-body awareness. She says, "I've done private lessons with Christi and Kerri, who's coming back in September. Christi's really helped me become more aware of my mind and body. I'm very happy."

So how did this method originate? According to the website [www.pilates.com/BBAPP/V/about/joseph-pilates.html](http://www.pilates.com/BBAPP/V/about/joseph-pilates.html), "Joe [Joseph Pilates] went to England in 1912, where he worked as a self-defense instructor for detectives at Scotland Yard. At the outbreak of World War I, Joe was interned as an "enemy alien" with other German nationals. During his internment, Joe refined his ideas and trained other internees in his system of exercise. He rigged springs to hospital beds, enabling bedridden patients to exercise against resistance, an innovation that led to his later equipment designs. An influenza epidemic struck England in 1918, killing thousands of people, but not a single one of Joe's trainees died. This, he claimed, testified to the effectiveness of his system."

"After coming to New York City, Pilates opened a fitness studio in the same building that housed the New York City Ballet. Many of the young ballerinas learned the Pilates exercises, and over time they became a staple within the dance community."

Christi was exposed to  
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Christi Allen in the new Pilates in Paradise studio.



Christi and Debbie give a demonstration the grand re-opening.

individual student.

I spoke with one of Christi's students who came to the studio with severe pain in her legs and feet, and she's now pain-free and a faithful practitioner. Debbie Heald has been doing Pilates for over two years. She can now walk up and down stairs without pain. After having

time. Christi has really straightened out my feet." Another student, Jill Stevens, from the Center for Learning, which is a tutoring business, pointed at her belly, and said, "Feel this!!!" (Honest!). Let me tell you, those were some strong abs!!! Jill says she has a better belly than she had when she

# Conch Characters of the Month



The beautiful Mrs. Cullen and Dr. Mahoney love karaoke night.



Kyle Gibbons and Sarah Keppler.



Nut Case and Pattywagon hanging out.



Jackie heats up the audience at the Pilot House Karaoke.



Some shy bikers at the Big Fish Club.



Molly from Ocean Diver's (on right) was the life of the party at the Pilot House.



BELOW: Dr. Geoff Bailey checking out the Karaoke books. Sing, Doc, sing!



Beautiful Mackenzie and Madison with their famous "Bartenders of the Month" Dads, Mike Hupka and Sid Vandiver at Jimmy Hawkins Birthday Bash.



Kim (Mrs. Luke) whoops it up at the Big Fish Club. She is the daytime bartender there. Stop in for lunch and tell her we sent you.