



Be Some Body STUDENT SPOTLIGHT

Christina Farland

I am so happy to announce Christina Farland, the August Student Spotlight. Christina and I go back to a time in our lives when we were raising our young children in the late 1990's. We met in the babysitting room at a beautiful, state of the art fitness center, Manhattan Fitness. Christina loyally took my Pilates class each week. She caught my eye immediately with her positive attitude in trying something new with beautiful technique and form.

I started my business, *Be Some Body*, after the gym closed and Christina found me a year later in 2006. She was a step ahead in being aware of the benefits of Pilates: not only aesthetically, but mentally too! She focused on the critical reasons of becoming a Pilates enthusiast including core control, postural awareness and de-stressing. She always left classes feeling stronger and loved the mind + body connection of encouraging a slow and sustained breathing technique, which calms the nervous system. She has also embraced another mind + body class, The Barre, reaching new heights with flexibility, grace and a very strong core. Check out her amazing abdominals! I am so proud how she has kept Pilates a part of her life then & now, and I'm sure for many years ahead!

♥ *Melissa*

*Be Some
Body*

It was about 20 years ago when I took my first Pilates class I had no idea what to expect, Melissa turned off the lights lit a candle and played classical music and for the next hour all I focused on was my breath my movement and her voice. That evening it actually hurt to laugh, my abs were on fire. I was in love with Pilates. I was receiving a meditative, spiritual experience along with a fantastic workout! **Spiritual Mental and Physical!!!** My original goal was to lose a little baby fat, but I received so much more! Over the years my "exercise life "has waxed and waned and as life changed for me so have my goals.



Today I want to feel strong, empowered and spiritually fit, over the last 6 months I added barre class into my routine and noticed a big change in the shape of my legs. As always Melissa never misses a moment to work your core so I'm seeing a big improvement there too! I am so grateful that Melissa is still here to continue to teach, encourage with her famous words of; "don't give up", "reach higher", "it's about lengthening your muscles" She helps all of us in an atmosphere that is safe, comfortable and challenging. The more I come the better I feel. Thanks Melissa!

Chasing gains: once you start,
you will never stop