

October Student Spotlight



Alice Kosowsky

I am proud to announce Alice Kosowsky, as the Be Some Body October Student Spotlight. Alice has been taking classes for a year and a half. She has participated regularly in both studio and Zoom classes as well as private lessons. She is living proof that practice makes perfect with her drive to understand the theory behind the movements. I admire Alice for her focus and self-motivation to commit to an exercise regime at her home.

When I train her privately, she keeps an exercise journal of directions in how to execute flawless form by using my cues in both the Pilates system of exercise, stretching, and strength training. She has grown stronger, improved her posture, and has exceptional awareness of her muscle and flexibility imbalances. I have discovered how to use my expertise and push myself professionally by utilizing one of my wonderful mentors who influenced me and brought me the knowledge I didn't even know I had. Joyce Frasier, my exceptional massage therapist who gave her clients the knowledge of anatomy, kinesiology, and philosophy every session. She was a special person and I will always carry a part of her in me.

Training Alice allowed me to find my hidden potential. It has been so rewarding to hear that her pain has diminished, while her strength and flexibility have improved. Alice is kind, thoughtful, and determined to make her body balanced and work in harmony. Thank you, Alice!

♥Melissa

It's an honor to be chosen Student of the Month! The success that I have achieved to date can be credited to Melissa, a teacher who knows which exercise(s) is precisely needed. The pandemic has been a teacher of concentration. Melissa has taught me how to evaluate muscle groups, (do I have lats that can be accessed? analyze body mechanics (are the left and right sides of the body equally engaged when I do a specific exercise?) and apply myself systematically (am I able to use good form gardening?)

Like many people, I worked sitting down. Over the years, although I folk-danced, walked & gardened, I couldn't hide from my body's changes. I worked one-on-one with a physical trainer for many years. When it became evident that I was developing knee problems, my trainer dropped me! He said that unless I got serious about what I was doing, I would likely descend into injury & disability. The route to getting serious is not straightforward.

First, there was physical therapy. It helped, a lot, but PT is not intended to be long term. I found Melissa, and at first, I was overwhelmed by what Pilates entailed. What has really worked for me is the combination of Melissa plus retirement ushered in by the Pandemic. I had to get strong, to arm me for aging; there is no time but now. Melissa's classes still challenge me, but I have created strong practice patterns. I work up in my attic, stretching the muscle groups that are stiffening, strengthening the groups that are weakening, restoring the balance between the two. When I was suffering from tendonitis, Melissa's private training sessions focusing on a specific rehabilitate series was extremely effective. Most days, I can keep up with the grandchildren which makes me feel proud and accomplished.

-Alice

**“Change happens through
movement and movement
heals.”**

— Joseph H. Pilates