

What has Pilates done for me? Where do I start? It has changed my life in a number of ways including the way I view my body and therefore myself.

I had reached the age of 37 as a non-conscious exerciser. The most I ever did was swim occasionally or join a gym for a few weeks. I avoided looking at myself in the mirror, I often felt uncomfortable, lethargic, and stiff. Everything was beginning to go and I felt hunched and miserable.

Now, 3 months later, I feel a million times better. My body shape has changed dramatically- longer, flatter- I have bought new clothes because the old ones fit differently and I look so much better. All my friends and family have noticed a difference and feel like my body is going back in time. When I look in the mirror now I get glimpses of a body I haven't seen since I was twenty-one! I am shocked at how effective Pilates is. I honestly feel if someone like me who has always hated exercise and would rather read a book, can find such joy in Pilates, then it must be the same for many others like me. I can feel my body so much more and it is a fantastic feeling. Also, it doesn't hurt- it's fun and it improves my breathing and posture. I can't praise it enough. There are many performers/actors out there who are very conscious of their voices but not so much their bodies and what that can do for their whole persona. Dancers know it and I feel I know it too. I will be doing this for the rest of my life.

I had my first Pilates class with Ann Toran early one morning in late November 2003. Since that time I consistently work with her or one of her associates 3X per week. I travel professionally throughout U.S., Europe, and Israel and have found ways to substitute my Pilates work when not in NY. I cannot wait to return, however, and run immediately to get back in better shape with Ann and her team. They are the best anywhere!

One word of caution, Pilates with Ann and her team is addictive. Once you start you will never willingly stop.

William Woodruff
Voice Teacher
NY, Italy, Chicago, Israel
Director- International Institute of Vocal Arts
NY