

## **Meet Diane Mayer...**

### **How did you become interested in combining Yoga and Pilates?**

I started in Fitness over 30 years ago during which time I was introduced to Yoga and loved the phenomenal combination of strength and flexibility. This past year I was introduced to the more spiritual side of Yoga and from there my practice has really expanded.

Fourteen years ago I took my first Pilates class and became instantly hooked. At first I found the exercises challenging because the set up for the exercises is very specific, but as I continued to participate in each new class the change in my posture, the reduction of lower back discomfort and the overall strength in my core became very evident. I was surprised to also notice my Yoga practice really improved as well.

*Put Yoga and Pilates together and the combination of overall strength and flexibility can give you an incredibly balanced workout.*

### **How does Pilates benefit the core and Yoga?**

- Pilates focuses on strengthening the core muscles (abdominal, lower back, hips and buttocks), therefore you have better strength in balances, inversions and core poses...such as Navasana/Boat pose.
- Pilates helps to keep the knees strong for standing poses and strengthens the rotator cuff to help avoid shoulder pain.
- Pilates trains the body to keep good alignment at all times, therefore improving and bringing awareness to your posture in each of the Yoga poses you do.
- Pilates not only strengthens the spine, but it also improves flexibility of the spine. One the Joseph Pilates quotes that I love says "You are as old as your spine is flexible"...meaning "If you are 30 years old and your spine is stiff...you feel old. If you are 60 years old and your spine is flexible...you feel young".
- Pilates can also help you stay free of injury for your Yoga practice.

### **What's on your playlist?**

I like to predominantly use music that is soothing and relaxing. Some of the artists I have used are Vangelis and Hennie Becker. I also like the compilations that David and Steven Gordon have put together.