

## PILATES INSTRUCTOR

# MARIAH BUTLER

### Degree and Certification:

- B.S. Health and Exercise Science, Colorado State University
- Body Arts and Science International (BASI) Comprehensive Pilates Certification
- Pre and Post Natal Pilates Specialist Certification, The Center for Women's Fitness
- Barre Rhythm Certified

After many years as a gymnast and cheerleader, I was suffering from severe low back pain that was not resolved from physical therapy, chiropractic, or any other methods. I was introduced to the Pilates Method and instantly connected. After feeling the effects of Pilates first hand, and becoming pain free, I began my journey to become a certified Pilates Instructor. I studied the Comprehensive Teacher Training Course from the internationally renowned Body Arts and Science International (BASI) founded by Master Teacher Rael Isacowitz. With years of experience in both individual and group instruction, I have had the opportunity to work with a diverse variety of clients, ranging from teenagers to active older adults and those in need of adaptive exercises. I am currently the Pilates Coordinator and Instructor at Infinity Pilates at Raintree Athletic Club in Fort Collins, Colorado.

My goal is to educate my students and lead them in attaining life-long health benefits in Pilates as mind-body exercise. Focusing on the basic principles of Pilates, I aim to make each session unique, fun, and challenging. Pilates is a practice and I continue to grow in this infinite world of Pilates with continuing education conferences, workshops and courses. I am continually inspired how Pilates re-educates and heals the body. I truly believe Pilates can enhance everyone's quality of life.

My other loves are my husband and daughter; their energy, passion, and spirit inspire me to be a better wife, mother, daughter, teacher and friend. We love spending time outdoors, snowboarding, reading, dance parties, and playing with the animals.



*"It is the mind that builds the body" -Joseph Pilates*