

## PILATES INTERN

# TARA PALMER

### **Degree and Certification:**

- Studying with the Pilates Sports Center

Tara Palmer comes to Pilates through personal rehabilitation, having experienced minor injuries through running and weight lifting. Knowing this form of practice had the ability to alter predispositions to personal misalignment issues, she knew her path was that of a long practitioner. She now has the tools to avoid injury and find optimum health. With the added benefit of stress relief, meditation, and mental strength, she found this practice beneficial in the combined careers of real estate finance and motherhood.

She now combines Pilates with running, tennis, skiing and keeping up with two small children.

The passion for learning led her into training as an instructor in one of the finest progressive and classical programs available. Pilates Sports Center has provided the opportunity to become a teacher, giving her a deep understanding of anatomy, postural alignment, and the body mind connection of Pilates. As an instructor she helps clients transform their bodies, develop confidence, improve overall health, and lead pain free lives.

