



The dragonfly in most cultures worldwide symbolizes change, self-realization, and spiritual depth and maturity. It's agile flight and ability to move in all 6 directions exudes a sense of power and poise. The awe inspiring aspect is how the dragonfly accomplishes this with utmost simplicity, effectiveness, and 20 times the power in each of its wing strokes than any other creature of its size. We have chosen this symbol to represent our studio and the change it can bring to you. In Italian, the word for dragonfly is "libellula."

Libellula Pilates launched in the summer of 2017. It is a culmination of my over 25 years of experience teaching Pilates nationwide. I was certified in 1996 at the highly prestigious Pilates Center of Boulder, in a 900 hour/2 year comprehensive teacher training program. At this time the studio housed some of the finest instructors in the industry, including Cara Reeser, Amy Lange, Debora Kolwey and Michael Miller. This was in addition to the brilliant instruction of Amy Alpers and Rachel Taylor Segel. Never before had so many creative talents been housed under one roof. It is my great honor to now offer you their collective teachings as well as my own interpretation of the classical Pilates method.

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