

**Astrid has been offering her expertise to Santa Barbara residents since 1992**

"I believe in maintaining high teaching standards and the best personal service possible. These principles define the De Wild Studio."-**Astrid de Wild**



**Personalized, individual attention:**

At the De Wild Studio you will not find a one-size-fits-all formula. Pilates sessions are tailored to the needs of each student. Lessons are initially done one-on-one with an instructor for reasons of safety and efficiency, and later in closely supervised small groups. Our trained professionals assure that you are performing the exercises correctly, with guaranteed results and no risk of injury.

**Fundamental methodology:**

Ever since Joseph Pilates invented The Method in the 1920's, instructors have experimented with variations on the original method. Director Astrid de Wild studied these variations extensively with different teachers of the Pilates Method and has made the informed decision to focus on the fundamentals. "I realized that the fundamentals are the best, because they are the most efficient, most effective, and the safest. Pilates has unlimited potential because it works, it's logical, and every body needs it." -Astrid de Wild

**Personal Background:**

Astrid has been teaching the Pilates Method since 1982. A former dancer, trained in the Martha Graham technique, Astrid was the founder and director of the De Wild Studio in Beverly Hills, one of the first successful Pilates studios in Southern California.

330 E. Canon Perdido, Suite D  
Santa Barbara, CA 93105



de wild studio



# PILATES

De Wild Studio differs from other Pilates studios in two significant ways:

- Personalized, individual service
- Fundamental methodology



**805-564-3454**

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## WHAT TO EXPECT

### Expect results.

The Pilates Method offers an efficient method of stretching, toning, and strengthening that will give you the suppleness and streamlined shape of a dancer. As founder Joseph Pilates said: "expect in 10 sessions to feel the difference, in 20 to see the difference, and in 30 you'll have a whole new body."

### Pilates:

- restores balance, flexibility
- improves posture
- builds strength while healing soft-tissue pain
- unites body and mind
- provides a flowing and energizing workout
- creates your body's core strength by strengthening abdomen, back and hips.

## HOW IT WORKS

### Efficiently.

Pilates exercises are primarily performed on the Reformer, a padded table equipped with a foot bar, pulley, springs, ropes, and a sliding carriage. Properly positioning your body and adjusting spring tension for each exercise results in a well-balanced workout, without overloading joints or muscles. Movements are slow and controlled. Breathing and movements are performed in harmony. A few well-designed movements, properly performed, are worth hours of sloppy calisthenics or forced contortions.



The Pilates program may be tax-deductible with a physician's prescription and/or covered by insurance as rehabilitation or physical therapy. Please check with your personal physician and insurance carrier to determine if you are eligible.

## WHO CAN BENEFIT

Pilates therapeutic exercises benefit all ages and body types. The Method is particularly appropriate for those who need to increase strength and flexibility without the risk of injury. Former athletes and baby-boomers find Pilates the perfect solution, because The Method creates muscles that are lengthened, toned, and flexible.

Pilates is perfect for people with injuries or chronic problems such as:

- Back pain
- Arthritis
- Fibromyalgia
- Osteoporosis
- Age-related stresses
- Surgery-related strain

"I have always been in shape and an athlete. Now, I have a much more defined shape and cut. I no longer have any injuries. I feel much more balanced, relaxed, and at one with my body and soul."

Ruthie, 38

"In the 12 years since my fibromyalgia diagnosis, no single exercise has been helpful - even tolerable - until I started Pilates at the De Wild Studio."

Mim, 48

"Before Pilates, I experienced years of lower back, knee, wrist, shoulder pain, and joint weakness. I've been doing Pilates for 2-1/2 years now and GOOD BYE PAIN. My yoga has improved drastically. I do more and feel better than I did when I was much younger!"

Judy Egenolf

"I love Pilates! I have been on a 3 times a week schedule for 4 years. I find it keeps me fit, strong, and feeling great. It is not only good for my body but good for my spirit as well. I look forward to each session. As a lazy person who hates exercise, it works great for me."

Betty J. Stephens

"I have no cartilage in my ankle, doctors said the only thing left was fusion. Now I walk without a cane."

Caroline, 68

"I have found the De Wild Pilates program to be very helpful in addressing back and neck problems resulting from numerous sports injuries."

Bart, 47