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THE CANALS

A Social Publication Exclusively for the Residents of the Venice Canals Community.

MEET YOUR NEIGHBORS: AMY GOLDSTEIN + ANOUCHKA VAN RIEL

Photos by Robert Staley





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Owner



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income levels, all of whom can benefit from classical Pilates. The strength of the Pilates method is that it is exercise for everyone, as powerful for those who already work out as it is for those who can't do higher impact activities. I opened Turning Point as a way to introduce

the classical Pilates method to the neighborhood, friends and new clients. Whether you're fit already, de-conditioned, an athlete, young, elderly, injured, pregnant, male or female, the classical Pilates method works!

What makes Turning Point Pilates different from other Pilates studios?

The studio is traditional or "Classical" following the principles of Joe Pilates, remaining true to his method of physical and mental conditioning. It's corrective exercise, as well as a work out. It's not one size fits all. It's not a franchise or corporate model. Your private lesson is tailored to your goals as well as what your body needs as we assess you. For example if you have a rounded upper back and forward head, we're likely to focus less on flexion (bending) and more on extension. We'd open the chest muscles and strengthen them while simultaneously strengthening the upper back and neck muscles to provide better support and function to your spine. Classical Pilates is a system or method that with a committed practice creates optimal movement patterns and muscle balance to ensure long-term fitness and wellness. We don't have arms days and butt days and ab days, etc. We train you to engage all the muscles correctly from center, from the inside out *all* days with the goal of creating a balanced, strong and flexible body for the rest of your life. Our group classes are small

When and how did you first explore Pilates? I was working in commercial and film production for 12 years and at some point it wasn't satisfying on a deep level. I knew I wanted to do something more fulfilling. I was taking Pilates and loved it and the equipment and decided to pursue the certification.

How has Pilates benefited your life? When I was younger I was fairly closed emotionally. Being of service, working intimately with people's bodies, and speaking intimately at times too, forced me out my comfort zone, really pushed me out my shell where my heart opened and compassion swelled. Additionally, how awesome is it to have a job where there's little ego BS and mainly gratitude and good vibes?

Why did you choose to open a studio in Venice? Venice embraces a unique and wide demographic of age groups and

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too, feeling more like a private with lots of personal attention and real relationships with the teachers.

What advice do you have for someone new to Pilates? Give yourself permission to be a beginner. It's a very different practice and one that compliments all other practices and sports. It can be elusive at first while you create new neurological pathways. It can take a few sessions to "get it," to "connect." Check your ego at the door and try something that in the long run is going to make you feel better, look better, stand better, increase your core strength and markedly improve performance of all daily tasks and all the other workouts that you love!

What are the most rewarding and challenging aspects of founding Turning Point Pilates? Working in an environment where our job is making people look and feel better in their bodies and feel good about themselves is great! Being a small business owner by nature is tough. There is always lot to do. We exist in an environment where there are so many choices for workouts but I trust the right clients for this studio find us! Balancing work and personal time is an ongoing challenge.

What is next for you? For the business, I'd like to bring in another complimentary body worker, a massage therapist, acupuncturist etc. to add value to my clients and the community. I am considering taking on a business partnership to share in the management and growth of my successful studio. I invite anyone who is interested to contact me. Personally I would like to have more time to explore other creative interests and friendships.

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