

# The Power of Pilates

Tuesdays and Thursdays

12 noon to 1:00 pm.

\$80 for 10 sessions \$12 drop-in.

Sponsored by One Point Center

at Aikido of Monterey

1251 10th Street

Monterey, CA



with  
**Danielle  
Smith**

## ***Unifying all parts of the body to a powerful centered whole***

Introduce your body to the physical harmony and balance that informs the effective alignment and presence of athletes, martial artists, dancers, and rehabilitants.

ANYone--regardless of age or physical ability--can learn to more fully express the flow of animated energy through their body, and strengthen the core structure that allows them to sit, stand, and move in powerful presence.



**Certified  
Pilates  
Instructor**

OnePointCenter.com

831-375-8106

**Taught by Danielle Smith, Certified Pilates Instructor  
National & International Martial Arts Instructor**

Danielle says "this introduction can give someone a glimpse at the importance of alignment in any physical activity, meditation, breathing, and even in perceiving boundaries--because proper alignment allows one ease of movement, grace and fully embodying presence. I feel that the planet needs our presence, right here, right now-- thoughts and actions informed by the stillness at center with heart and mind in alignment.

**Danielle Smith's** teaching is informed by a unique knowledge of the essential principles of power central to various disciplines. She brings nearly 40 years of martial arts experience to her Pilates instruction. (She holds black belts in 4 martial arts, has an Aikido school in Monterey, and has taught nationally and internationally.)