

## **Melodie Adkins – Bio**

My path to Pilates began in 2000 while living in the Chicago area. After years of mindless gym workouts, I realized that I needed a form of exercise that I could stick with for life and that would constantly challenge my body and mind. Fortunately, I stumbled upon Pilates. It was a slow beginning with video tapes and eventually some mat classes.

### **Continue from the website here:**

When my husband and I moved to Rochester in 2004, Pilates was put on hold as we rehabbed a home near Highland Park and I began a new career in real estate.

In December of 2006, I started taking Pilates at a local studio and was humbled by my lack of strength. Pilates was so hard to do properly. My videos and gym style Pilates classes from the past did little to prepare me. I was humbled, but determined that my body would "get it".

So, in February of 2007 Rhonda and I began a full teacher training program in both matwork and apparatus. 2007 was a tough year for my body. I had terribly forward sloping shoulders, no abdominal strength, didn't know I had hamstrings, couldn't hold my arms in a T for more than a few seconds and had no body awareness, whew! But, little by little, my body changed. I began to get looser where I was tight and stronger where I was weak. At the same time, I was learning to teach Pilates. At the end of the year, I felt that my body was being transformed by Pilates, but that I needed to take my Pilates education and body work to a higher level.

In October 2008, Heather Allen, owner of [Beyond The Body Pilates](#) in Fairport, NY, took me on as her apprentice and I began a year-long teacher training program at her studio. The training was truly comprehensive and included all 5 levels of Matwork, Reformer, Cadillac, Chair and small equipment. My work with Heather filled in the gaps from my previous year of training and provided me with the depth of knowledge I needed to pass the [Pilates Method Alliance](#) certification/accreditation exam on the first try. [\(February 2009\)](#). I spent the next 9 months working with Heather to hone my teaching skills and completed the full Beyond The Body Pilates teacher training program in November of 2009. I then began teaching Pilates matwork classes at various locations and private apparatus sessions in a small home studio.

As with most things in life, my education didn't end with my formal training. The more I learned, the more I wanted to know. I became fascinated with muscles and movement and the detail that makes Pilates so effective. That focus has shaped the way I teach Pilates today.

I continue to learn from and with my clients as I work on their bodies and my own body's issues. I know that if my body could be transformed by a commitment to practice Pilates regularly, anyone else can do the same. Pilates will allow me to age gracefully and now at 46 years old, I am stronger and more flexible than when I was half my age. A commitment to Pilates can do the same for you.

I hope to share with you this amazing movement and exercise practice called Pilates. I look forward to hearing from you; please send me an [email](#).

Enjoy Life's Journey, Not Just The Destination ~ Melodie