



High heel/heal

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Mind Your Body Blog www.mybpilates.com

Gail Giovannello

Shoes? I LOVE SHOES!!!! A deep dark secret...heels, flats, boots, oh boots, cowboy, heeled, chunky, spiky.... the list goes on.... I know it to be true that as we age, our feet, posture and alignment slowly cause us to change our shoe fancy and our styles, unfortunately, must become not so fancy. My friend and colleague, Tim Driscoll, a New York City Pilates studio owner, has begun High Heel Clinics FREE at his studio! I attended this past week and boy did I learn a lot about how to wear my fabulous high heels! So, perhaps I will be able to last a few extra years with sleek sexy heels. I urge everyone to attend, well high heel offenders.

CHECK IT OUT!!

Tim Driscoll and his staff use Pilates principles and apply them to being atop of a pair of heels, as if balancing on pillars. And it doesn't matter how high the heel; it is posture, utilizing the correct muscle connection. As many of you know, Pilates exercises are easily taken to the road when we walk, stand, sit, take the bus, drive, do other sports etc.... With the knowledge you will learn in this high clinic, I am sure that you will take it on the heel when wearing yours and be more fit, more healthy, balanced and standing tall in your heels.

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