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CHILL OUT

Show some spine The intriguingly named **Backbone and Wingspan Universal Principles of Movement Studio** has a Pilates-based approach, or at least uses a few Pilates machines in its light-drenched loft space for private one-on-one lessons (\$75 an hour). Tim Driscoll, one of three co-owners, explains that the sessions are designed to create what he calls “subtle space” in the muscles of the back, and to increase the space between the ribs and the pelvis. Unlike core-strength exercises, which tend to crunch us inward, Driscoll’s approach makes a person visibly taller and less hunched over after a session. 139 W 22nd St between Sixth and Seventh Aves, fourth floor east (212-647-8878).