

Pilates Mat Class

with Shamani Romans

Every Tuesday & Thursday morning

10:00-11:00am

Pilates Mat



Performed primarily on the floor, Pilates mat exercises are aimed at improving flexibility and muscle tone, along with the spine and lower back. We will focus on body balance as well as promoting mind-body awareness.

Every concept and movement that is fundamental to Pilates is incorporated in the mat work: breathing, centering, concentration, control, precision, and flow.

I have a strong passion for teaching and guiding people on a self-empowered journey to connect with their highest potential by delving into the deepest, most powerful realms of the mind, body, spirit connection.

Please join us!

Classes are open to everyone

Drop-in: \$25

10 class package: 22/class \$220

Bring a friend & receive free class

Shamani Romans, Pilates Mat & Yoga Instructor



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