

## Gurjeet Khalsa

## Pilates

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Gurjeet Khalsa has been practicing and teaching Pilates since 2007. Gurjeet is a member of the Pilates Method Alliance. She also has a background in yoga; teaching yoga for many years before discovering Pilates. She has a 700 hour comprehensive teaching certificate from the Articulate Eye Teacher Training Program.

She enjoys sharing the experience of strength and sense of well being that Pilates brings. Though her training was in the classical pilates method, Gurjeet is always eager to learn new contemporary approaches to Pilates and incorporate those into her classes.

In her spare time, Gurjeet likes to go hiking and travel.

