

# Movement Heals

*“You are only as healthy as your spine is flexible” said Joseph Pilates. Those are famous words from the genius who was the creator of the Pilates Method.*

We asked Trisha Ruble, who owns the “Pilates Cottage” in Sarasota, how she came to be an instructor.

“Ten years ago I woke up, stood up and collapsed. After years of pain and unnecessary treatments I finally got help and a correct diagnosis: degenerative disc disease with associated sacroiliac dysfunction; all related to a mechanical or muscle imbalance; all but certain, contributed to by damage from a near-fatal head on car collision 15 years ago. I have had 14 surgeries, mostly to my face, and I was not going to let someone cut my back open. I was going to figure out how to heal



myself through Pilates and certain spine exercises. I am pain free today.

“Although I do teach healthy bodies, I have a bit of a reputation for fixing bodies which are a bit ‘broken’. People have the misconception that Pilates is solely done on a mat, that it is for the young and, well...ballerinas. Nothing could be further from the truth! REAL Pilates is done on machines with springs for resistance. I have nine pieces of different equipment. I use only Gratz equipment...the original equipment that Joseph Pilates designed and built. Joseph went to England during World War II to rehabilitate soldiers. Pilates started with helping men, not dancers!

“A new client was in my studio last week when my client, Lee Wetherington, came in for his regular 4pm appointment. When Lee was warming up on the reformer, he offered a few comments to my new client. ‘Pilates will change your life!’ Lee said. He went on to say, ‘Pilates is like learning a different language. It is the best thing I have ever done. Pilates has completely changed me: my posture, my flexibility and strength. Trisha really has changed my life.’”

Comments from other clients tell more. Dottie Baldwin told us, “I am 62 years old and I began Pilates several years ago when my bone scan showed I had early signs of osteopenia. Within two years my bone scan had improved dramatically, in large part due to Pilates. It has improved my strength, my posture and my flexibility. When we moved here from the NYC area I asked my instructor to find me someone most like him. He found me Trisha and we clicked from the first moment I entered her studio. The studio itself is a lovely, warm, inviting place with beautiful equipment. Trisha is the same. She is a dedicated instructor who doesn't let me

get away with sluffing off, even though I try to distract her by chatting! Of all the studios in the area, my instructor chose Trisha, and I am so glad he did.”

Trisha's client Susan Walter said, “I am a true fan of the Pilates Cottage and Trisha. I have done Pilates for over 10 years to improve my strength and balance for my favorite activity...jumping my three horses. Trisha is the most thoroughly trained teacher with whom I have ever worked, and her single goal is to make Pilates work for her clients and their needs. The studio is beautiful, perfectly equipped and very tranquil, adding to a successful experience. I have sent two people to Trisha and both are as delighted with their progress as I. We are stronger, more agile and, a bonus: it can really improve your golf game! Many studios claim to instruct in the Pilates Method,

Trisha is the real deal. Superlative!”

Trisha said, “I was never a ballerina. I live in the real world and have real body issues, which I think makes me a better teacher. I am free from pain and know I can help others be the same. I was trained in NYC by Joseph Pilates' successor, Romana Kryzanowska, who met Joseph when she was 17. She is now 87 and going strong. I am also certified by Power Pilates in NYC. I have over 1400 hours of Classical Pilates training.”

“We live much longer now. If you don't move, your body will eventually lock up on you. I really care and want to help people. Without your health, no matter your wealth, you have nothing. ‘Pay it Forward’ is my motto.”

**You can reach Trisha at  
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