

PILATES FOR BODY + SOUL

Audrey **Langstroth**/Pilates

As a business owner and Personal Pilates Coach for Nephesh, Audrey Langstroth's extensive wellness education and experience serve as supporting roles to her work in the field of Pilates.

A former dance instructor and member of the Sacramento Ballet, Audrey began integrating her ballet experience into her role as a personal trainer, infusing the fundamentals of classic Pilates into attainable programs for her clients long before it became a "buzz" word in personal fitness. After gaining certification in the Body Arts and Science method of Pilates, she went on to work as a business manager in the chiropractic offices of her husband, Dr. Kit Langstroth, and, taking on yet another new role - this time as a mother - she parlayed her knowledge in fitness and spinal mechanics into educational classes at the respective schools of her three children.

A certified Pedorthist, Audrey specializes in selecting and modifying footwear and foot control devices to assist individuals in regaining mobility and optimizing lower extremity biomechanics.

Because Pilates exercise has recently achieved an upswing in popularity, confusion and controversy over Pilates methods have proliferated in the media and public spheres, as well as among Pilates teachers. Audrey's professional goal is to protect and enhance the classic Pilates method by abiding by The Pilates Promise - namely, that "Patience and persistence are vital qualities in the ultimate successful accomplishment of any worthwhile endeavor" - and she looks forward to instilling the Body Arts and Sciences method into fundamentally sound, one-on-one programs for her clients.