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Mind & Motion Pilates Comes to Hancock Park

Get Your Stretch On

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Analogy Quiz

Meghan Pickrell: Pilates

- a) Adele: mournful love ballads
- b) The Olive Garden: bread sticks
- c) Donald Trump: comb-overs

Answer: all of the above.

Pickrell, who touts a master's in kinesiology and experience in ballet, chiropractic, and acupuncture, has pushed Pilates to the next level. She developed a holistic approach that goes beyond toning and tightening to establish a deeper mind-body connection (it's not unusual for her to whip out skeletal diagrams midclass).

Her menu of 55-minute, full-body workouts covers the bases: Intro (the first time is free), Group (divided by skill level and limited to four), Private (Pickrell's a pro at easing chronic pain), Relax, Places, Action (awareness techniques for actors), Prenatal, and Pilates for Dancers.

And her light-filled Hancock Park studio, with its midcentury modern furniture, vintage posters, and bookshelf of anatomy textbooks, is frankly better decorated than our own living room.

It's analogous to our fave new Pilates studio.

Mind & Motion, Pilates and Beyond, 5650 West Third Street, at South Sycamore Avenue, Hancock Park (323-931-0863), \$40 for a group class.