



Jane Yie

- **Certified Pilates Practitioner, Polestar USA**
- **Core Align Level 1**

After completing her studies in San Francisco, Jane moved to New York City where she worked in an art gallery. In NYC, she discovered Pilates and it helped her stay grounded in an extremely fast-paced city. Through practicing Pilates, Jane's upper back pain from poor posture and mild scoliosis significantly decreased.

Because of the positive impact of Pilates, Jane joined the Polestar Pilates Comprehensive course to deepen her knowledge in Pilates. Jane's goal as a Pilates instructor is to make her clients feel welcomed, while improving their body awareness to have a better quality of life