



## Beverly Leong

Polestar Pilates Comprehensive trained

I was introduced to Pilates after sustaining a back and arm injury. I used Pilates to strengthen my body and months later, I noticed that my back pain disappeared and my arm has attained a better range of motion. My posture also improves and I feel more aware of my movement and muscles.

I am currently undertaking the Polestar Pilates Teacher Training Comprehensive course, working towards certification.