



Jane Yie

- **Certified Pilates Practitioner**
- **Polestar Pilates, USA certified**
- **Comprehensive Studio/Rehabilitation**
- **Core Align level 1 trained, Balance Body USA**

After completing my studies in San Francisco, I moved to New York to realize a long time dream of mine to live in the city. I worked at an art gallery which meant long days sitting at a desk, and on my feet helping out clients. Due to the nature of my work, I started to experience back pains and my mild scoliosis worsened. I started practicing Pilates to treat my spine related problems due to muscle imbalances.

After experiencing the positive impact of Pilates on my body, I found a calling in helping others relieve issues in their body to live a pain-free life. I enrolled in Polestar Pilates Comprehensive course which provided me the knowledge and skills I need to improve your body awareness and quality of life. I have been certified in teaching Pilates since 2018, and my goals are to make you feel welcomed and safe as we practice Pilates together!