



Andrea Soo

- **Polestar Pilates Comprehensive Trained**

I began practicing Pilates as a client in 2017 after being diagnosed of cervical disc herniation and mild scoliosis. I discovered that as time passed, my pains began to heal and I regained my energy level and didn't need to see my physiotherapist regularly anymore.

Soon Pilates became a part of my essential exercise regime and it helps me to maintain mobility, core strength and good posture.

I took on the opportunity to train as an instructor under the Polestar Pilates Teacher Training Comprehensive Course, and am currently working towards certification.

My goal is to share my experience with clients to improve their body awareness and enjoy more efficient movement