

# PERSONALIZED BODY COACHING

WITH ANA PRADA

- CERTIFIED STOTT PILATES INSTRUCTOR
- CERTIFIED YOGA INSTRUCTOR
- PROFESSIONAL AERIALIST



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# ANA PRADA



As an aerial performer, dancer and instructor, all of Ana's work is infused with the search for a deep balance and true organic connection - a concept she calls "aerial roots".

Ana has shared her knowledge and performances across the globe, working for companies such as Cirque du Soleil, Cirque Eloize, Ulalena & Antigravity and has offered workshops from Colombia to Hawaii to Montreal, Quebec.

For more information please contact:  
info@ana-prada.com

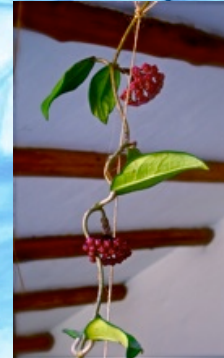


"...you were such a gentle teacher while giving me the space to stay in a challenging position and encouraging me when necessary to go further. I felt completely safe in your hands, you were unaggressive and constantly assessing & sensitive to what was best for my body."

---Année Hancock

"Les pratiques de yoga avec Ana m'aident vraiment à améliorer ma posture, développer ma flexibilité et renforcer les endroits plus vulnérables. Ses connaissances infinies sur l'anatomie, le yoga, le pilates, les techniques aériennes... rendent ses cours riches et complets. Son enseignement est pour moi une source d'inspiration et je reçois chaque cours comme un cadeau."

---Edith Savé



"Participé en un taller con Ana Prada. La experiencia fué totalmente renovadora. Desde los ejercicios hasta el apoyo y dirección de Ana quien logró llevarnos a la absoluta toma de conciencia del cuerpo, de su apertura y de sus infinitas posibilidades."

---Doris Parzon

Sessions Available in English.  
Les Sessions sont disponibles en Français.  
Clases disponibles en Español.

## ATHLETES & ACROBATS

- CIRCUS PERFORMERS
- SURFERS
- DANCERS
- ROCK CLIMBERS
- SKIERS
- GYMNASTS



### Strength - Balance - Awareness Creating Stability within Mobility

- Maximize your Performance
- Alleviate Muscle Imbalance
- Prevent Injuries
- Master Flexibility
- Discover your Fullest Potential

### Personalized Training

Your session will begin with a discussion of your goals followed by a personal body assessment. With this information Ana will create a program specifically designed to reach your goals in an efficient and effective manner with the added bonuses of improved postural alignment and an enhanced overall feeling of well-being.

Sessions with Ana involve techniques from Pilates & Iyengar Yoga. Mat exercises are used to introduce and master the principles of Pilates including breathing, pelvic placement and core strength. Once a clear understanding of these concepts is achieved the Pilates Machine (Reformer & Cadillac) will be used to intensify the workout and challenge the client.

Iyengar Yoga inspired exercises are used to open and stretch the body in a safe and restorative manner. These exercises are a perfectly integrated complement to the strength training.

Acrobats, Athletes, and Dancers can then expect to work with Ana on exercises specifically related to their chosen discipline - integrating the concepts of connection and breathing with strength, flexibility and personal expression. "In gear" and "on apparatus" sessions can be arranged. Problem areas can be addressed with specific techniques and an injury prevention program can be developed and implemented based on each clients physicality.

## GET IN SHAPE & FEEL GREAT



### A Program Designed just for You

- Balance your Muscle Systems
- Prevent Injuries
- Integrate your Breathing
- Increase your Range of Movement
- Relieve Back & Joint Pain
- Feel Great about Yourself

## NEW & EXPECTING MOTHERS



### Time for Focus on You

- Re-energize & Re-sculpt Your Body
- Breathe into your New Adventure
- Heal Fatigue & Back Pain