

how to get studio savvy

a foolproof guide to finding the place
that's perfect for you by lisa turner



Pilates on Fifth in New York City is a good example of a studio that's well-lit, relaxing and organized with plenty of equipment and room to work.

With new Pilates studios opening up faster than you can whiz through the Stomach Series, how can you tell which one is right for you? Whether you're a neophyte or a longtime practitioner, finding the best place to hone your skills can be a challenge.

A suitable environment can mean the difference between a fulfilling, life-long practice and a failed attempt at one. If you're a dedicated regular but feel dissatisfied with your current practice or have outgrown your teacher, a new location could enable you to try

different instructors and styles. Maybe a recent illness or injury requires that you find a place with a rehab focus. Or maybe you just moved.

To aid in your selection, we've scanned the globe and asked four seasoned instructors to share their advice: Siri Dharma Galliano, a 20-year instructor and owner of Live Art in West Los Angeles; Jennifer Kries, a teacher of 20 years and owner of Hot Body Cool Mind: The Studio in Philadelphia; Dreas Reyneke, a 30-year pro who teaches at the Body Conditioning Studio in London; and

Lynda Lippin, a 17-year vet who manages Lynda's Pilates & Reiki on the Caribbean Island of Providenciales. Even with our experts' advice, choosing a place to study Pilates is a highly personal decision. Sometimes trial and error is the only way to be sure, but don't rule out your personal needs and preferences as you begin your search.

begin with the basics

Before you start looking, you need to acknowledge how deeply and direct-