

Featured Teacher: Rachelanne Gladden



My favorite thing about Pilates is... I love anything that challenges me. Pilates never stops presenting challenges and goals to reach, and I LOVE the way it makes me feel. After taking a class I feel so accomplished and powerful – such an incredible feeling. Teaching it is even more amazing – being able to pass that feeling on to others? What a blessing!

Yoga has really helped me... Dance around my forties laughing and yelling – “You don’t tell my body what to do – I do!”

In my opinion, the greatest misconception about pilates is... That if you are not already core-strong, you cannot do it. EVERYTHING can be modified, and EVERYONE will benefit from it. All strength radiates from the core, so it is the perfect complement to Yoga!

I prepare for class by... I make sure I never ask my students to do anything I would not do – and since I like to try new exercises regularly, I test them all out ahead of time. If it is fun for me, I can make it fun for them!

When I’m not doing pilates, I can be found...

Doing crazy early morning bootcamp – I love starting my morning with a major accomplishment!

Do you have any pets?

A Shih-tzu named Gidget, and a completely insane cat named Moondoggie (what else would we name him?)

What are your hobbies? Boot Camp, Cooking, Singing, Acro Yoga, Fighting the Zombies, and, of course... Pilates – I love doing it to this day as much as I love teaching it.

My favorite movie is... *Lawrence of Arabia* – I have a little obsession with Peter O’Toole :)

When I was little, I thought I would grow up to be... The Queen of America. Seriously. No, seriously.

Do you have a favorite recipe to share? Hahaha Anyone who knows me knows I am a baking fiend. Need a recipe? Yes – I have a few... Just ask! :)

Favorite tunes to practice to:

I am known for my eclectic music in class. Sometimes to the point of where I have to run over to the ipod and skip an... unsuitable song. You will have to come in to see!

In my opinion, the greatest misconception about pilates teachers is... That we are health obsessed people who revolve our whole lives around our workouts. I am incredibly fallible. I have been known to eat a bowl of ice cream before bed and skip a workout because I just want to sleep in. The trick is to not punish yourself for it, and pick yourself up and jump right back on the saddle the next day!

What inspires you? I have surmounted some pretty intense challenges thrown at me – but there are so many out there who thrive in the midst of much more. I am always aware of this and it keeps me feeling inspired and blessed.

FREE CLASS COUPON
with Featured Teacher: **Rachelanne Gladden**

Get to know the teachers at Yoga Blend, and enjoy a free class!

Rachelanne's Scheduled Class:
Wed 6:45pm-7:45pm: Pilates



OFFER DETAILS: Valid for use once per student, on any one class offered by Featured Teacher, only if you have not taken her class before. Coupon expires April 30, 2012. Not valid for workshops or special events. Please mention 'Featured Teacher Promotion' when signing in to enjoy this offer.