

THE PILATES ROOM

Refine & Condition All Layers of Your Body!

Swoop Magazine sat down with Page Sieffert, founder of The Pilates Room, to find out how she created a space where people can feel comfortable, motivated, and inspired to unite the mind, body, and soul through movement.

Page did not set out to own a storefront business. She simply started doing what she loved; traveling the world to dance, surf, learn and, eventually, teach. The story begins with Page's training in with Joffrey Ballet and Pacific Northwest Ballet Company, where she used Pilates and massage therapy to avoid injuries. This inspired her to develop a deeper understanding of physical wellness, receiving certifications in massage therapy and Pilates at an early age. She applied this knowledge to the development of a home business, teaching Pilates and providing massage therapy out of a garage in a rented home in Hermosa Beach. The business quickly outgrew its humble beginnings and moved to its current location on 3205 Manhattan Avenue ten years ago.

During Page's first two years in business she was hired to train a prominent actor for an upcoming movie role. She traveled the world for over a year and a half, spending much of her time in New Zealand. It was in the waves off the coast of New Zealand that Page and her business partner Shelley Williams, decided to operate the business together. Their partnership allows each of them to continue their travels around the world while the other runs the business.

Page has since received certifications in Ashtanga and Hatha yoga. Her yoga practice led her to New Mexico for a year-long study of Ayurveda (Indian medicine) under renowned teacher Dr. Lad. She uses this knowledge in her daily life and consults clients on diet and lifestyle. Just this year Page finished her first year of nursing school, in the hopes of combining her knowledge of the east and the west.

She additionally finished construction on a nature-inspired bungalow home in Nosara, Costa



Rica. Page now calls Costa Rica her second home, alternating her time between South America and California. Her new goal is to open a studio for Pilates, yoga, and massage training located steps from the beach in Nosara by January 2011. The studio will offer daily Pilates mat and reformer classes, along

with yoga and specialty stretch classes for surfers. By July 2011 Page hopes to host an intensive pilates retreat teacher training where students can enjoy the jungle and receive their Pilates Teaching Certification. Specialty retreat packages will also be available. Coming soon!!! www.pilatesnosara.com

For More Information:

The Pilates Room & Yoga Lounge

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