

Hi, everyone. I'm Alisa Wyatt, and if you've been with me through my beginner to intermediate series or our pre Pilates series, um, I'm here today to introduce you to Kim Reese, who's going to be taking you through our intermediate to advanced series. So, Kim, I'm going to let you take it from here.

Thank you. Well, firstly, I'd like to thank Alisa. This is an honor and a privilege to guide you all from intermediate to advanced on the MA Uh, the mat, I have to say, is probably my true love in Pilates, and I've been teaching it for over 20 years, so I'm really happy to go down this path with you.

Um, this is designed for the strong intermediate student, so if that's you, you're in the right place, and we're ready to go and advance your practice and get deeper into the work. I want to say a word about the format. Each class is designed with a, uh, concept in mind and then teaches advanced exercises that are relating to that concept.

We've got roughly 20 exercises to learn and advanced versions of things that you already know. So we've got a big job, but it's totally doable, and we have time on our side. I encourage you to take your time with this series. In fact, the way I kind of envision it is that you might take the first one, two, or three classes in rotation with classes that you already know and love, and you'll slowly start to develop more strength and skills.

And when you feel confident with those, then you'll, uh, come to class number four, which is our first flow class. And that's super fun because you get to see how all these new exercises fit within the progression that you already learned with Alisa. And then basically, we repeat the process.

We're going to learn some more exercises, get stronger, do a second flow class, and then one more time, do a couple more classes, learn more skills, learn more exercises, and then we end with the final advanced sequence, which is super exciting. So I'm ready to go on this journey with you.

But before we do, I thought of, um, one of these quotes that Gloria Gasparri says at the end of one of her advanced classes. And I just love it because she's really referring to the advanced work, and she says we don't work for perfection. We work for connection. And I just love that.

I just love it. I really think it's the essence of what this work is. We're here to learn and improve and get better and stronger. And again, we have time on our side. Really? Take your time with this. I'm here with you. We're here. We'll answer questions as we go.

And I look forward to connecting with you. I'll see you soon.