

ARIA KABIRI

CERTIFIED PILATES INSTRUCTOR



MY GOAL AS YOUR
PILATES INSTRUCTOR
IS HELP YOU BECOME
STRONGER, MORE
FLEXIBLE, DEVELOP
BALANCED MUSCLES
AND IMPROVE
POSTURE

Training Philosophy:

I like to work in partnership with my clients to achieve their goals, which could be improving posture, recovering from injury, gaining strength, power and flexibility. I work as a holistic practitioner to educate and empower my clients by including mind-body techniques to improve their health. My approach is supportive and individualized. I include a full body workout with emphasis on alignment and individual needs.

Experience:

Pilates Instructor- since 2016

Yoga instructor- since 2000

Nurse Anesthesiologist- since 1990

Advanced Clinical Hypnotherapist- since 2000

Pain Management Hypnotherapist- since 2012

Certifications:

- Comprehensive Pilates Instructor
- RYT 200-Hr Yoga Certification
- Kundalini Yoga Certification
- Advanced Cardiac Life Support Certification

Education:

- M.S. in Nurse Anesthesiology at Medical College of Virginia
- B.S. in Biology at George Mason University
- A.S. in Nursing at Northern Virginia Community College

Interests:

Travel, hiking, Yoga, Pilates, nutrition, reading and languages



SAN MATEO
ATHLETIC CLUB
AT
COLLEGE OF SAN MATEO

MAKE THE INVESTMENT TO BE
FOCUSED IN YOUR TRAINING PROGRAM