

# ARIA KABIRI

CERTIFIED PILATES INSTRUCTOR



MY GOALS 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 —  
CALIFORNIA STATE UNIVERSITY  
SANTA BARBARA

**MAKE THE INVESTMENT TO BE  
FOCUSED IN YOUR TRAINING PROGRAM**