



“Developing core strength and stability in a relaxed atmosphere” is the guiding principal of **Winston Pilates’** founder and owner Winston Carney, and the inspiration for her innovative exercise system: Power Relaxation. Developed as an antidote to assembly line workouts, Power Relaxation combines a strong foundation in classic Pilates with elements of yoga to tone clients’ muscles and revitalize their spirits.

Nestled in a vintage Spanish Colonial building with a winter view of the Pacific, Winston Pilates’ two-room studio is a study in serenity. Pale green walls and hardwood floors lend an organic feel to the space which is reinforced by the verdant umbrella of liquid amber trees that shade the studio’s two balconies. Soft music, clear light and mild ocean breezes create an atmosphere of relaxation and privacy for the studio’s demanding clientele, which includes entertainment executives, celebrities, professionals, athletes and full-time moms.

With its emphasis on core strength training and stretching, Power Relaxation increases blood flow and relaxes tight muscles so they can work harder with less strain. Each client receives a personalized workout tailored to cleanse and strengthen body and mind. Along with work on traditional Pilates machines the Cadillac and the Reformer, instructors incorporate dance moves and yoga poses based on individual needs.

A staff of three specially trained instructors conducts both individual lessons and group classes, which are limited to two or three participants. The small groups maintain the one-on-one feeling and personalized attention of private lessons. All sessions must be booked in advance. After completing three individual introductory sessions, clients can schedule individual lessons and group classes via the studio’s convenient website.

Carney began studying and teaching Pilates more than ten years ago under the expert tutelage of master teachers Lisa Silveira and Elizabeth Fowler. Deeply anchored in Pilates history, both studied with Romana Kryzhanowska, the pre-eminent heir to the classical tradition of Joseph Pilates.

Winston Pilates is located at 1327 Ocean Avenue, Suite D, in Santa Monica. Classes are by appointment only and can be scheduled online at winstonpilatesla.com or by phone at 310-395-2220. The studio is open seven days a week from 7 a.m. to 7 p.m. Monday through Friday and 7 a.m. to 3 p.m. Saturday and Sunday.

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