

THE ALLEGRI METHOD

by SARA ALLEGRI

Since I can remember, growing up in the Italian Alps in my home town of Charvensod Aosta, I was very competitive by nature and always wanted to be the best I could be at anything I put my mind to. And this didn't change when I got into the health and wellness industry. To be the best I would have to study with the best. And since I always had a strong passion for combining knowledge of anatomy with physical activity Pilates turned out to be a good vehicle.

I come from very humble beginnings but always had what I needed to get by. Nevertheless I always felt like I should help people less fortunate than me. In 2000 I even traveled all the way to the Philippines with a youth group for eight months working as a volunteer in an elementary school in a very poor neighborhood. It opened my heart and eyes to local and international needs around the world.

In 2001 I received my first "how to" Pilates book sent to me by future husband and business partner, Joseph Sopala. After that, I started looking around for the best schools to implement this passion and expand my knowledge of how the brain works in relation to our physical ability which eventually transformed me into who I am today.

I'm proud to say that I am a Pilates Second Generation Master Mentor, trained by Lolita San Miguel in West Palm Beach, Florida. Lolita was actually trained by Joseph Pilates himself. But there is so much more to what I do now.

After years of teaching Pilates in several gyms and even open fields up and down the Aosta Valley in 2007 we decided to open our own studio. In a few short weeks we realized that we hit a goldmine and we had something many people wanted and most of all needed. Unfortunately, in 2011 I lost my mother to cancer which left a big hole in my heart and a little over a year later my father.

After eight successful years as Pilates business owners in northern Italy we decided it was time for a fresh start. A new beginning in a new country, a new culture, a new language and a new business plan in a town where Pilates was unknown. The gamble was worth it. After a very long year trying to gain people's trust the word was out.

I had the honor of collaborating with the amazing artists and acrobats of Cirque du Soleil Ovo while on their US tour. I was also contacted by Alabama University's Gymnastics Team and worked closely with their talented athletes who, hold numerous NCAA National Championship titles.

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EDUCATION

My insatiable curiosity to fully understand what Joe Pilates had tapped into and left behind, is never-ending. I believe that Joe Pilates had so much more to offer than what he left in writing, so I continued my research and studies with 2nd Generation Teachers trained by Romana Kryzanowska and attended informative workshops with Sonje Mayo.

Pilates is a branch in a tree of “the true science of wellness” and since science is always discovering something new, I too am dedicated to never stop learning about the human body. Consequently, I started attending various seminars in Buenos Aires, Germany, Chicago and eventually Malaga Spain where I met Rael Izacowitz, known for founding the BASI technique which takes a more scientific approach to Pilates. This fed my curiosity to learn more about how connective tissues worked in the body and their important role in executing exercises.

Now, thanks to John Sharkey and Gil Hedley a much larger door has opened. They introduced me to the discovery of our inner space and Biotensegrity: an emerging field of scientific understanding of how bodies work based on the insight that we are primarily tensegrity structures where the bones float in a network of soft tissue under balanced tension.

This is a huge finding for anyone teaching the essentials of mind and body work through Pilates and will open doors to endless discoveries. But I have to admit, I really came to life and pure enlightenment while attending courses with THE NEURO STUDIO, NEURO-REHAB, Z-HEALTH University and Brain Based Hypnotherapy. They expanded my knowledge on how the brain works and influences all physical ability like no other. What a discovery.

I’m all about “discovery”, especially discovering ways to help others. One of our greatest motivations that keeps us going are the people we work with, and there is nothing more satisfying than helping people experience the true benefits of our Pilates.

PILATES ISLAND STUDIO in Cedar Park is a Brain Based Pilates Center dedicated strictly to the benefits of this wonderful discipline. At Pilates Island Studio you will be working with qualified instructors with over 20 years of experience running a successful Pilates Studio in Aosta Italy and now in Austin TX.

At Pilates Island Studio the instructors provide you with the individual attention you need to make sure you are performing all of your exercises properly and to the best of your ability.

Something About Sara Allegri 2024