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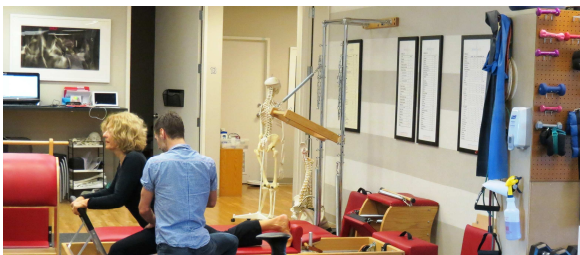
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Pilates



Burrard Burrard Physiotherapy is proud to be the new location of Noam Gagnon's Beyond Pilates. Noam's Mission Statement says it all:

Beyond Pilates is dedicated to the original philosophy of Joseph Pilates, which advocates physical fitness as the first requisite of happiness. By upholding the fundamental principles of the Pilates Method, Noam gives his clients the means to enhance and empower their lives through the complete coordination of body, mind and spirit.



Noam is a world renowned Pilates instructor and teacher. A significant value he has brought to Burrard Physiotherapy in his teachings is a new dimension of therapy that all our therapists are able to incorporate into their own treatment philosophies. Pilates techniques are very valuable in promoting core activity around which the body as a whole moves and functions. Thus, regardless of the area of your injury, you may find your physio-

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their own treatment philosophies. Pilates techniques are very valuable in promoting core activity around which the body as a whole moves and functions. Thus, regardless of the area of your injury, you may find your physiotherapist prescribing some Pilates based exercises as a component of your recovery.

Noam offers private, duet, trio and small group classes. Noam books his own appointments through his website.

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