

## Instructors who will stretch your routine



### Colleen Glenn

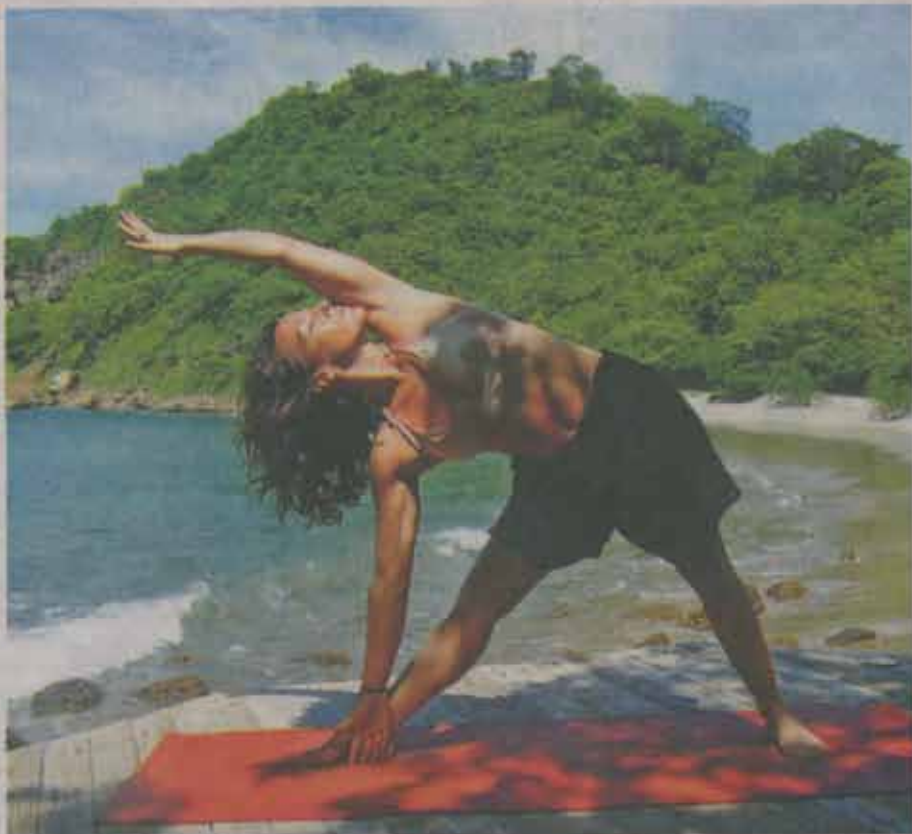
Pilates  
Pura Vida Fitness

For Pilates director Colleen Glenn — a Pura Vida Fitness favorite — educational empowerment is the ultimate corollary to physical strength.

After 26 years spent traveling the globe on a mission to expand Pilates from a “cottage industry” into a worldwide phenomenon, Glenn has discovered that “it’s the balance between working out and learning” about structural alignment, proper breathing, and core stability that benefits students above all.

Meanwhile, by incorporating dance moves into the traditional Pilates sequence of strengthening and stretching exercises, she also ensures they have more fun than they might in a more rigidly formatted class, “altering their form and their mood without feeling beaten up” from repetitive exertion.

“They’re uplifted physically and mentally,” Glenn observes, “which is what I” — like Sher, Baumgardner, Lindley, Porter and all good teachers — “strive for.”



### Tina Porter

Power yoga  
Samadhi Yoga

With degrees from the University of Haifa in Israel and the American Academy of Dramatic Arts in New York, the petite, quick-to-smile 18-year practitioner of power yoga emphasizes open-minded, holistic experience over mere performance.

“There’s so much more to yoga than just doing it,” says Porter. “Every pose represents a situation in life, and every breath represents a state of mind. That’s why the physical pose isn’t as important as the way you react to it.”

Routines are anathema to her teaching style: “I clear the slate when I walk into a class, because you never know what kind of energy you’re going to feel. I have to start from where the students are, not where I am.”

Also against her philosophy is the introduction of “frills” such as incense and music: “I figure stimulation and distraction is what we’re trying to steer away from when we get to our mats; music pads what needs to be felt when the work is so raw.” (And by “raw,” notes Samadhi regular Vanessa-Philippe, Porter means “butt-kicking.”)