

Hot Body Cool Mind

— The Life Force Power Workout! —

Jennifer Kries



Dancer, choreographer, yoga devotee, author and Pilates master teacher, Jennifer Kries is an unparalleled innovator in the realm of alternative health and fitness. First to bring Pilates to the masses, her award-winning videos, *The Method* Series, Fox/Fit TV's, *The Method Show* and her landmark, *Jennifer Kries's Pilates Method*, revolutionized the fitness community, paving the way for the current wave of enthusiasm for Pilates mind-body exercise.

One of the country's pre-eminent Pilates master teachers, she is responsible for launching many of today's most respected professionals who teach either traditional Pilates or *The Method*, her trademark mind-body synthesis: Pilates, yoga, and dance. She is the founder of New York's, Balance Pilates, Yoga, and Dance, Artistic Director and Founder of Contemporary Dance Theatre New York and most recently, creator and producer of yet another ground-breaking four part DVD series, *Hot Body Cool Mind: The Life Force Power Workout!*

Her approach to personal fitness is unsurpassed. Jennifer brings unmatched clarity and an extraordinary perspective to her teaching. She has inspired countless readers, practitioners, graduates of her programs, and viewers alike to embrace her all-encompassing philosophy of movement, art, health, life and energy.

Through her inspiring work, she helps people transform far more than their bodies, enabling them to tap into a reserve of power never before experienced. Her attention to detail, superb teaching style, artistry, and knowledge of Eastern healing techniques, anatomy and energy dynamics makes her one of the most highly sought-after mind-body teachers in the world today.