

Anne Baker

I love movement in many forms & I love to teach people how to move well, with greater ease, less restriction or pain, and better function. It makes me happy when I change perceptions about myself through movement – what can I do? What can't I do? How do I feel? And it makes me happy for others when they discover this as well. We may age, but we don't have to stop moving and learning. I respect where you come from, and, **I believe in your potential and adaptability.**

I think the nervous system, fascia, muscles, breath, movement are endlessly fascinating, like an inner multi-verse, that connects us to our outer world, our universe. I believe moving your body is a form of learning about yourself and connecting yourself to the world around you; Pilates & Yoga are great methods to assist in that learning. They aren't unique or esoteric - they are parts of our daily life – walking, sitting, lying down, standing up, hiking, picking up children, gardening, paddling a canoe, tying a shoelace, painting, playing with a pet, breathing in a moment of wonder – these are all things we do in Yoga and Pilates.

I have a background in athletics and dance, and studied personal training, Yoga, Pilates, Fascial Stretch Therapy & Life Stretch, as well as other modalities. I always come back to the idea that moving and breathing are the essence of the body; learning new ways to support this essence is key to staying mentally and physically healthy and well. It is a gift and my purpose to teach how to work with your body and breath to enjoy your daily life and activities, and your down time! I believe this level of body awareness influences everything you do, and builds compassion and confidence as well as mobility and strength.

I also absolutely love being outside, climbing the hills, hiking with my dog or snowshoeing. I formerly raced Dragon Boats competitively, so in the summer, I'll be found paddling SUP or outrigger canoe on Georgian Bay and helping coach the local Dragon Boat team. April finds me – used to and hopefully will again - in Florida, teaching Pilates and Yoga to people at Dragon Boat paddle camp.

I work with a diverse clientele: private clients, classes, semi private groups and conference groups, and teach in Collingwood at Therapeutic Pilates, Active Life Conditioning and in private homes.

My philosophy is Move Well, Be Well, Live Well. Stay connected, stay safe.

Favorite Quotes:

'More is not better. Better is better.' 'Slow gets the brains attention.' ~ Dr. Perry Nickelston, Stop Chasing Pain

'The practice is not the means to the output, the practice IS the output, because the practice is all we can control.' Seth Godin, via Dr. Perry Nickelston.

Education & Training:

Body Harmonics Comprehensive Diploma

Functional Anatomy & Biomechanics Specialist

Lifestretch teacher; Level 1 Fascial Stretch Therapy

Rocktape Basic and performance taping

Yoga certification, Maureen Rae; Lanee Brown, Whispering Winds. Breath & Bliss, Jill Miller.

Lymphatic Mojo training, Dr Perry Nickelston

Can Fit Pro Personal Trainer and Group Fitness Instructor

Email: bakerford@sympatico.ca

www.annebakerpartnersinhealth.com

cell/text: 705 441 2258