



# Pilates Mind & Body

Wellness is the optimal state of well-being. It results in a sense of complete freedom of body, mind and spirit and begins with the decision not to settle for less and a drive to find balance. Evolve is a world-class resource offering holistic solutions for mind and body. Owner Dawn-Marie Ickes, MPT an expert in integrated health and wellness has collaborated with ProSport Physical Therapy owners Joe Donahue, MPT and John O'Connor, PT to create the ultimate continuum of rehabilitative health/wellness services under one roof. Evolve offers mind-body services including Pilates, CranialSacral therapy, Visceral mobilization, CoreAlign, and Redcord. These offerings create the optimal combination of services available to any individual working towards creating a healthier way of life.

Evolve's team is comprised of highly experienced educators, practitioners and movement experts dedicated to creating the optimal environment for integrated wellness.

Dawn-Marie Ickes, MPT, PMA®-CPT is a licensed physical therapist who takes a multi-disciplinary approach to integrating Pilates, CoreAlign, Redcord, and visceral mobilization with leading edge physical therapy techniques. Since 2000, she has worked to develop educational programs for fitness and health care professionals integrating Pilates and rehabilitation and lectures internationally on these topics. Her clinical expertise includes pre and postnatal rehabilitation, pediatric orthopedics, women's health, dance and sports medicine. Dawn-Marie has published articles in a various physical therapy and Pilates related publications, including the Pilates Method Alliance National Certification exam for Pilates instructors. She sits on the editorial board of Pilates Style magazine and was a founding board member of the PMA, with service to the board of directors from 2001-2008. She maintains adjunct faculty positions within the physical therapy programs at California State University Northridge and Mount Saint Mary's College. She is currently involved with research studies at USC and CSUN. She is an active member of the APTA, IADMS, IDEA, PMA.

Studio Manager, Lindsay Hoffman BS, PMA CPT graduated in 2009 from Cal Poly San Luis Obispo with a BS in Kinesiology. With 21

years of amateur and professional dance experience, teaching Pilates was a natural transition. With her extensive background in movement science, anatomy, physiology, and physical therapy, Lindsay brings an integrated approach to teaching Pilates, Redcord and corrective exercise to clients of all ages and levels, with her specialty in post-rehabilitative fitness.

Elizabeth Myers BA, PMA CPT, Balanced Body Faculty began practicing Pilates in 1996 as a dance major at the University of California, Irvine with Diane Diefenderfer. After receiving her Bachelors degree in Dance, she went on to dance professionally in Los Angeles, working in TV, film, industrials, concerts and commercials. Her years of experience in movement and her education in both Classical Pilates and the rehabilitative approaches to Pilates, Redcord and Yoga allows her to tailor each workout to the needs of the individual.

Jan Dunn MS is a Pilates rehabilitation / conditioning specialist, Franklin Method Educator, and Dance Medicine Specialist, with over 35 years experience in movement education. Her Pilates background includes 22 years of directing Pilates rehab programs in physical therapy clinics. She has taught anatomy and injury prevention at the university level since 1983, and is Co-Director of Denver Dance Medicine Associates (Denver and Los Angeles).



Dawn-Marie Ickes  
BS, MPT, PMA-CPT



Lindsay Hoffman  
BS, PMA-CPT  
Studio Manager



Elizabeth Myers  
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