

Flagship

672 Dupont Street, Suite 406 Toronto,
ON. CAN. M6G 1Z6 **Tel:** 416.537.0714

Midtown

90 Eglinton Ave. W. Suite 501 Toronto,
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Background

Contact: Alison Hope

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416.762.2313

About Body Harmonics

Body Harmonics, founded by Margot McKinnon, M.Ed., has been at the forefront of helping people move well, teach well and be well since 1998. At its two Pilates & Movement Studios and Health Clinics in Toronto and at a growing number of Teacher Training Centres worldwide, the movement and health company has helped thousands of people transform their



lives for the better. To provide greater accessibility to its whole-person approach to wellbeing, Body Harmonics began expanding its online presence in 2015 with the launch of its Shoptalk blog and Mondays with Margot video series. It continues to reach a growing number of professionals and enthusiasts by making its ever-expanding line of workout videos and publications available at bodyharmonics.com.

Philosophy

Margot's client-centred philosophy recognizes "ability in all" and the importance of being able to "move well forever." This belief, shared by her 55-plus team, underlies Body Harmonics' services, programs and media. It also informs its focus on often-overlooked populations, such as those coping with arthritis, joint replacements or neurological conditions, including Parkinson's and Multiple Sclerosis.

Chronology of Body Harmonics

- 1998: Opens Flagship Body Harmonics Pilates Studio at Dupont Ave. and Christie St. in Toronto
- 2000: Develops and delivers first Continuing Education workshops; Offers Pilates training for teachers in association with PMI, USA
- 2004: Creates Pilates & Movement Teacher Training curriculum and introduces first diploma programs; Publishes first Teacher Training manuals
- 2005: Announces first Affiliate Teacher Training Centre in Guelph Ontario (Pilates in Guelph)
- 2006: Opens Midtown Studio and Health Clinic at Eglinton Ave. and Avenue Rd. in Toronto
- 2013: Introduces Shoptalk blog and newsletter
- 2014: Launches Mondays with Margot short exercise video series
- 2015: Renovates and expands Flagship location to accommodate Health Clinic services

- 2017: Moves and expands Midtown, Toronto location; introduces new website, online store and more than ten full-length workout videos; purchases London, England Studio
- 2018: Commemorates 20th anniversary with innovative 20 Years Strong—an evening of movement, health and celebration (Fri., Nov. 16 from 4-8pm, Dupont location)

Pilates & Movement Studios and Health Clinics

At its Flagship and Midtown Toronto locations, Body Harmonics offers close to 120 Pilates & Movement mat, reformer and springboard classes weekly. They are taught by some 30-plus Body Harmonics accredited teachers. Classes are available at three different levels of difficulty, and a variety of specialty classes—Pre and Post Natal Reformer, Teen Reformer, Neuro classes, Core Essentials for Back Care, etc.—are on offer at any given time. One-on-one, semi-private and small group sessions are available to those who want more personalized attention. During these sessions teachers incorporate a variety of Pilates equipment and fitness props/apparatus for maximum effect.



Nine different therapeutic services are offered at both Toronto locations by 17 qualified and experienced clinicians. Health Clinic services range from Massage and Osteopathy to Holistic Nutrition and Muscle Activation Therapy (M.A.T.). Services are designed to complement clients' Pilates & Movement programs and/or address particular health, athletic or mobility goals/challenges.

CLIENTS

More than 1,200 clients, ranging in age from 16 to 90-plus years, attend Body Harmonics two locations each week. In their common quest for greater wellbeing, their goals range from improving overall strength and mobility to post-rehabilitation and athletic performance-enhancement to mitigating the effects of chronic illness.

Teacher Training

In 2004 Body Harmonics launched its first Teacher Training program to share its science-driven, learner-centred approach to teaching Pilates and movement for greater wellbeing. Today, for those who aspire to advance their skills or become Body Harmonics accredited, the company offers three Pilates & Movement Teacher Training diploma programs



(Comprehensive Pilates Track), a Pilates Bridge program, three Specialist diploma programs, a Coaching & Mentoring program, and some 50 Continuing Education workshops through its Toronto facilities. Selected programs and workshops are also available at the company's more than 10 affiliated Teacher Training Centres across Canada

and internationally. Unlike many other instructor training programs, the Body Harmonics educational curriculum goes beyond classical Pilates exercises and rote-style teaching techniques by providing students with the tools and knowledge to address different ages, abilities and health conditions.

Locations

Body Harmonics owns and operates two fully equipped facilities in Toronto. Each contains spacious rooms for Teacher Training as well as group mat-based classes and group Pilates machine classes. Fitness props and apparatus (e.g. fitness balls, bands, swivel boards, etc.) are provided and incorporated into most classes. Separate rooms equipped with the full range of commercial grade Pilates machines (e.g. reformers, cadillacs, chairs, barrels, etc.) are available for private and semi-private sessions. Health Clinic services are provided in calming, well-appointed private therapy rooms. A reception-lounge area and retail boutique, together with change rooms and washrooms, complement the Body Harmonics environment.

In 2017, Body Harmonics added a Pilates & Movement Studio in London, UK.

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Details about affiliated Body Harmonics Teacher Training Centres can be found at bodyharmonics.com/locations.

Publishing & Online Learning

Body Harmonics published its first Teacher Training manual, Mat Work Foundations and Mat Work Classics: Intermediate & Advanced, in 2004. To date the company has published over a dozen instructional manuals and guides, 100-plus workout videos (including the popular Mondays with Margot exercise videos) and more than 300 blog articles. The company's Shoptalk blog and newsletter, developed by Margot and Body Harmonics Managing Director, Larisa Makuch, is published every Wednesday to a loyal following of Pilates, movement and health experts and enthusiasts.

Body Harmonics print publications and fast-growing library of digital content is available via bodyharmonics.com, email subscription and Body Harmonics TV: youtube.com/bodyharmonicsTV.

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Fact Sheet

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About Body Harmonics



- Founded: by Margot McKinnon, M.Ed., Education Director, in 1988, Toronto, ON, Canada
- Areas of specialization: Pilates, movement, fitness, education, health and wellness
- Emphasis: Move well. Teach well. Be well.
- Staff: 55-plus teachers, clinicians, teacher training faculty and administrators
- Website: bodyharmonics.com
- Facebook: facebook.com/bodyharmonicspilates
- Twitter: twitter.com/BHPilates
- LinkedIn: linkedin.com/company/body-harmonics-pilates
- YouTube: youtube.com/user/bodyharmonicsTV
- Instagram: instagram.com/bodyharmonics

About Body Harmonics Pilates & Movement Studios and Health Clinics

- Number of facilities: 2 in Toronto
- Number of teachers: 36
- Number of classes weekly: more than 120 at both Studios
- Other Studio services: one-on-one, semi-private and small group sessions; retail boutique; master classes

- Number of health clinicians: 17
- Number of therapies offered: 9
- Number of clients who visit weekly: 1,200 and growing

About Body Harmonics Pilates & Movement Teacher Training



- Number of faculty: 19
- Number of trained teachers and specialists worldwide: 3,000 and growing
- Teacher Training programs offered:
 - Comprehensive Pilates Track diploma programs, which meets the Pilates Method Alliance (PMA) international standards for Pilates education, and includes:
 - Level 1: Pilates Mat Work program (120 hours)
 - Level 2: Reformer program (270 hours)
 - Level 3: Cadillac Chair Springboard & Barrels program (280 hours)
 - Pilates Bridge program: available to qualified Pilates teachers who want to transfer full or partial teaching credentials from another training institution
 - Specialist diploma programs, including:
 - Functional Anatomy & Biomechanics Specialist program (125 hours)
 - Post-Rehab Specialist program (125 hours)
 - Diverse Populations Specialist program (125 hours)
 - Coaching & Mentoring program: offers graduates feedback and guidance on anything related to their practice or business
- Continuing Education workshops offered:
 - 50-plus Continuing Education workshops ranging from Pain 101 to Mind-Body Exercises for Men

About Body Harmonics Online Learning

The Online Learning division of Body Harmonics develops a range of digital and printed content that is available for free or for purchase. To date the company has produced:

- Available for purchase at: bodyharmonics.com/shop:
 - 14 full-length Pilates & Movement workout videos
 - 13 instructional Body Harmonics Pilates manuals
 - 2 exercise guides (BH Magic Circle Exercises and BH Swivel Disk Exercises)
 - 2 e-books
- Available for free on Body Harmonics TV at youtube.com/user/BodyHarmonicsTV and via email subscription:
 - 100-plus short Mondays with Margot workout videos
 - 11 Postural Control workout videos
- Available for free at bodyharmonics.com/blog and via email subscription:
 - More than 300 Shoptalk blog articles offering teaching tips, class plans, exercise sequences and inspiration for professionals and enthusiasts

About the Pilates Method

The Pilates method of exercise (known as “Pilates”) was developed by Joseph Pilates (1883-1967) and stems from his belief in the Roman motto “Mens sana in corpore sano” or “a sound mind in a sound body.” The mind-body method consists of an extensive repertoire of “classical” exercises performed on a mat or on specially designed machines, often in a specific order. Early adopters



of the Pilates method included athletes and dancers because they found it to enhance their performance, prevent injury, and improve movement control and precision. A visionary ahead of his time, Joseph Pilates taught his students to move so that the mind and body worked together to create power, grace and symmetry.

About Body Harmonics Pilates & Movement

The Body Harmonics approach to Pilates and movement, known as Body Harmonics Pilates & Movement, respects the genius of Joseph Pilates but moves beyond his original teachings to make Pilates accessible and effective for everyone. The company’s whole-person, science-driven approach is designed to help people strengthen their core and get their musculoskeletal system moving optimally at every age and stage.

While Joseph Pilates’ original order for exercises has merit, it may not suit the needs and goals of all individuals. Instead of prescribing a one-size-fits-all program, Body Harmonics accredited teachers are encouraged take a whole-person, individualized approach to developing Pilates & Movement programs that deliver lasting change. They are also taught to employ unique Body Harmonics foundation exercises, progressive sequencing and a simple cueing formula for optimal safety and effect.

Benefits of Body Harmonics Pilates & Movement

The benefits of Body Harmonics Pilates & Movement are far-reaching and unique to each person. Participants may feel a marked difference after one class or session, or it may take a few weeks. The key to remember is that small, incremental changes lead to transformation over time. Benefits include:



- **Core stability.** Strengthening the body's deep stabilizers improves alignment, prevents injury, relieves pain, enhances balance and facilitates optimal movement patterns.
- **A balanced body.** Better posture and stronger muscles, together with greater coordination, agility and mobility make it easier for people to do the things they love, longer.
- **Optimal body mechanics.** When a person's body moves and functions as nature intended, they are more likely to sleep well, experience improved digestion and perform optimally.
- **Stress reduction.** Regular mind-body activity and improved overall health help people deal more effectively with stress and alleviate or overcome stress-related illnesses.
- **Look as good as you feel.** When people take a methodical approach to conditioning the whole body, they report feeling and looking great.

Pilates industry facts*

- More than 8.5 million people participate in Pilates in the U.S.
- More than 3.7 million people take over 50 Pilates classes a year
- 84% of Pilates participants are women
- 62% are between the ages of 25 and 54
- 51% have a household income of under USD\$75,000 per year
- 55% have a college degree or higher

* 2015 Pilates Single Sports Participation Report from the Sports & Fitness Industry Association

Body Harmonics locations

- Body Harmonics Pilates & Movement Studios, Health Clinics and Teacher Training Centres:

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672 Dupont Street, Suite 406
Toronto, Ontario, Canada M6G 1Z6
Tel: 416.537.0714

- Midtown Location, Toronto
491 Eglinton Avenue West, 5th Floor
Toronto, Ontario, Canada M5N 1A8
Tel: 416.537.0714

Find a Body Harmonics
accredited teacher
worldwide

bodyharmonics.com/teacher-finder

- Affiliated Body Harmonics Teacher Training Centres worldwide:

- CANADA
Pilates in Guelph, Guelph, ON
Victoria Park, Montreal, QC
Pilates Vitalité, Gatineau, QC
Pacific Spirit Pilates, Vancouver, BC
Pony Locale, St. John's, NL
- UNITED STATES
Pilates by Corrine, Pittstown, NJ, USA
ReActive, San Francisco Bay Area, CA
- UNITED KINGDOM
Light Centre Moorgate, London, UK
- EUROPE
Spring Pilates & Wellness Studios, Brescia, Italy
- BRAZIL
Gestos, Rio de Janeiro, Brazil
Up Studio e Cursos, Belo Horizonte, Brazil

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Margot McKinnon, M.Ed., Founder & Education Director



Margot McKinnon's goal remains the same today as when she opened her first Body Harmonics Pilates & Movement Studio in Toronto in 1998: "to help people transform their lives through movement." Today, in addition to owning and operating two Studios and Health Clinics in Toronto, Margot oversees the company's growing Education division which offers Teacher Training programs and Continuing Education workshops worldwide.

In addition to being a sought-after teacher, presenter and media personality, Margot shares her knowledge and experience through more than 150 Body Harmonics videos and publications. She is the creator of a weekly exercise video series called Mondays with Margot, which is available online at bodyharmonics.com and [youtube.com/user/BodyHarmonicsTV](https://www.youtube.com/user/BodyHarmonicsTV), and co-creator of Body Harmonics Shoptalk—a blog and newsletter for movement professionals and enthusiasts.

Margot holds both Bachelor and Master of Education degrees from the University of Toronto and a Bachelor of Arts degree from McGill University in Montreal. Her primary areas of expertise include: curriculum development; movement re-education; rehabilitative exercise; motivational teaching; and creative choreography for functional outcomes.

Margot credits her team of more than 55 teachers, clinicians and administrators for enabling her to focus on realizing her vision for Body Harmonics and continuing to do what she loves best—teaching and learning from her clients.

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