



Linda Homer, owner of Downeast Pilates, is a Power Pilates® certified trainer (comprehensive) and member of the Pilates Method Alliance. Linda has completed over 600 hours of training and apprenticeship in the Classical Method, and enhances her skills through continuing education. She has studied with Pilates icons Lolita San Miguel (1st generation, taught by Joseph Pilates) and Bob Liekens (2nd generation).

Linda was introduced to Pilates through a knee injury. After finding much relief through Pilates, she became an avid student of the method. She opened her first studio in 2006, and has been a full-time trainer ever since.

She has worked with athletes, dancers, figure skaters, golfers, tennis players, runners, swimmers, and professional hockey players, and believes in staying true to the original teachings of Joseph Pilates.

Benefits of Pilates

Designed to stretch, strengthen, and balance the body, Pilates' systematic practice of specific exercises coupled with focused breathing patterns yields numerous benefits if practiced regularly. Posture, balance, and core strength are all improved. A primary focus in Pilates is increased lung capacity and circulation through deep, healthy breathing. Strength, flexibility, and coordination, both muscular and mental, are also key components in an effective Pilates program. Many students of Pilates experience positive body awareness for the first time.

*"In 10 sessions, you will feel the difference
In 20, you will see the difference.
And in 30, you'll be on your way to having a whole new body."*

--Joseph Pilates