

New body new life

Inspired to achieve a new and improved body, **Kachapan Utensute** visits Or-Yah Avni for a private consultation Photo by Yothapol Attakornkovit

"In 10 sessions
you will feel the difference
In 20 sessions
you will see the difference
In 30 sessions
you will have a whole new
body..."

Joseph H. Pilates, The Founder

THIS FAMOUS QUOTE has inspired Madonna, Gwyneth Paltrow, and Sharon Stone, just to name a few, to turn to this fitness and rehabilitation method founded by Joseph H. Pilates. He first named it "Controllogy" which means coordination of the mind, body and spirit through the correct use of muscles and breathing, in order to control the whole. It consists of a unique series of controlled movements engaging body and mind and focusing on improving muscle control, strength, flexibility, coordination and tone. It promotes balance and harmony in the body for people of all ages.

In case the interested citizens of Bangkok wish to experience this once best-kept secret in the dance community, the chance to join the famous club is now only a car ride away.

Bright and minimally decorated, the space inside the Pilatestudio is cleverly designed by the owner's husband. Here the owner/instructor's main purpose is to provide international standard Pilates training in Bangkok.

Mrs. Or-Yah Avni, or Ory by her colleagues and students, was born and raised in Israel. She started dance lessons in childhood, however Pilates was unknown to her until she suffered a knee injury from dancing. It had helped her recuperate and she then became a true believer and practitioner of Pilates.

Ory later moved to New York to enter the Martha Graham School of Contemporary Dance concentrating on modern dance. Practicing Pilates and



yoga during her spare time, she became a professional dancer performing for various modern dance companies in the Big Apple.

The relocation of her husband's career as an art director for a jewelry company then brought her to the City of Angels, Bangkok. "Almost 4 years ago before relocating here, I had never been to the Far East before in my life. I wondered what it would be like over here, how different it would be from Israel and New York. All kinds of things went through my mind, and now I'm glad we decided to move here."

Her first impression of Bangkok was of the amazing development. "Like other major cities in the world, Bangkok has sky trains, big bridges across its main river, and numerous high rise buildings in the commercial areas. All that, and the street kitchens which are a symbol

of the Far East. The other thing that amazed me is the mentality of the people; everyone has such a relaxing attitude for city people. Most of the problems are answered by 'sabai sabai and jai yen yen'." These cultural combinations really resonate with Ory and her family, as she now has a blond haired daughter who speaks both Thai and English. And Bangkok is the only city she has known since her birth 3 years ago.

Opening the first Pilatestudio in Bangkok, providing Pilates, yoga, and fit ball classes by certified trainers is a major accomplishment for Ory. She feels certain that those joining her studio will get the proper exercise and personal attention they are looking for. "I'm proud to be able to set up a place with international standards here in Bangkok, the city our family plans to live in for many years to come." 📍