

# ALEXI LOVE



Alexi Love is a Merrithew/STOTT PILATES® instructor trained in Total Barre®, Matwork & Reformer, Cadillac, Chair, & Barrels and ZEN•GA®.

She is fascinated by how we might move with more strength, grace and balance and the joy that movement can bring to people's lives. She grew up dancing in the UK at the Royal Academy of Dancing in London and later moved to the US to study psychology and women's health. She has been teaching Pilates for more than 15 years now in boutique wellness studios in the USA and in Lugano, Switzerland. She has taught Pilates in the Dance Department at Eastern Michigan University, at the University of Michigan and at The American School in Switzerland.

She loves learning about different kinds of movement and sports and how to help dancers achieve their goals.

She currently teaches Pilates, Aerial Yoga and Aerial Pilates in Montagnola and Lugano.