



OUTLET: LA2DAY.COM (1/2)  
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**LA2DAY** MAGAZINE



## Summer Slim Down: Studio Soma and Ona Spa Shed a New Light on Bikini Bods

Before you know it winter has taken its course and those oversized sweaters you were hiding under go back into the closet. Exposed for the first time in months, almost every woman (and man) in America, including myself, has the tendency to get in front of the mirror and give out a deathly ill shriek of horror. How the hell will I be able to fit into my bikini this summer? How can I lose a few inches by June? Thought of that itchy bitsy polka dot bikini seem like a far away fantasy to which no fad diet could ever help.

Thankfully, I may have come up with a few summer slim down options thanks to a much needed visit to **Studio Soma** for a Pilates brush up and then a quick fix at Ona Spa for the coveted Ona Slim Treatment, wiping cellulite off of the face of the earth, or in more realistic terms, your butt.

First stop on my please-get-me-fit-immediately Friday was at the Studio Soma in West Hollywood, where I met up with Thalia Thomas, a very well known celebrity Pilates trainer who has revolutionized the timeless, effective art of Joseph Pilates into a real fitness plan. I wasn't expecting to walk out of the studio that day five inches smaller, but knew that a few Soma Sculpt classes, which add a tinge of cardio to the traditional style of Pilates, would make more than a difference. I caught up with the trim and fit trainer to get her take on losing those extra pounds before the sun comes out for good.

### **First of all, for those of us who haven't done Pilates, how would you describe the exercise and its background?**

What classic Pilates is, is keeping true to the original teachings of Joseph Pilates. His main purpose was to better ones way of life and add years to the life, quality years so you can play with your children and tie your own shoe. That's the philosophy we follow by using traditional equipment, a one on one method that he did, and try to graduate clients from the equipment to mat work so they can do it at home. Joseph created machines designed on the theory of spring resistance so the you're pulling and pushing weight instead of lifting it.

### **I've been doing Pilates for a while now and feel as though it needs a boost to get more weight loss results. Is that what you had in mind for the Soma Sculpt Class?**

We designed the Soma Sculpt class for the studio, but we wanted to keep it as simple as possible. It tones you, works on building muscles and strength, flexibility, control, and balance, but ultimately if someone does a one hour session twice a week they wont see any weight loss unless they incorporate cardio and a healthy diet. Because I'm such a traditionalist with Pilates, I didn't want to join the bandwagon with cardio Pilates and making up words, fusing things My teachers would shoot me in the foot so I created a new technique. I used all of my training from Pilates and dancing to create a technique using the Bosu Ball in the Sculpt class.



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### **How would you recommend losing those extra inches in the nick of time right before summer?**

We've created these challenges, an Eight Week Weight Loss Program, and we sign people up and it does not require a purchase and then we make them sign a contract claiming that they will promise to come to four classes a week. We put them on a diet, which isn't necessarily strict. You can follow any diet that works best for you. We up the level of the class every week and they can miss one in a four week period, and if it's more than that then they're disqualified. Every two weeks we weigh in and measure them. The last challenge, the winner lost twenty pounds, one lady lost 12 inches! If you do something very drastic it can be bad for your health and digestion. We want to improve people's health and not encourage them to do fad diets. Also, I'm very strict on instructors at Soma having a background in physical therapy because we take over our clients' bodies and need to keep them safe.

### **What are your five essentials to carry every day to help get the weight off?**

1. Eight small water bottles a day
2. A schedule of classes from your favorite gym
3. A bag with gym clothes so you have no excuse not to go
4. A daily to-do list with your work out times scheduled
5. A disgusting picture of yourself as a reminder (a bad picture from a wedding or in a bikini will do)

After just a few minutes with Thalia I was basically hooked to the idea. Pilates has become such a core part of my workouts regardless, so adding a bit of cardio to the mix would only help. Thalia said that she could even accommodate my injury (I recently had a bone graft on my broken foot) by incorporating, "one of Joseph's theories when it was still called ontology or the art of control, and what he would do in the war was have the soldiers get on the hospital beds and attach springs and contraptions to allow them work the surrounding muscles so they don't atrophy, while he isolated the wounded area." If I would have known about this six months ago, when I was bound up to the knee in a cast, I most likely would have left those twenty extra pounds at the door in the first place.

### **THE DETAILS: Studio Soma**

630 North La Cienega Boulevard  
West Hollywood, CA 90069  
310.289.9043

And remember, the first Soma class is ALWAYS free.



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