

# **Judyette Baker**

## **International Certified Pilates Instructor**



Judyette is a life style entrepreneur who has been teaching Pilates for more than 18 years. She attained the Pilates Method certification through internationally renowned Core Dynamics, a comprehensive classical Pilates curriculum and teacher training program designed by Michele Larsson.

Judyette expounded on her passion for health and wellness and studied at the Tulsi Holistic Living Natural Health Center in Washington, D.C. where she became a Certified Holistic Nutritionist. Her primary focus is on holistic health which is based on the premise that the body has an innate ability to heal itself. Given the right ingredients - appropriate nutrition, regular elimination of toxins, adequate rest and rejuvenation, physical activity, and mental/emotional balance – the body will metamorphose to its true optimal health.