

Norfolk, UK

PILATES STUDIO OF THE YEAR

Fascial Soul

www.fascialsoul.co.uk | +44 (0) 7540 607242 | info@fascialsoul.co.uk



At Fascial Soul, owner Monica is on a singular mission: to help those she treats at the pilates studio to move and live without pain. As well as specific pain relief therapies, Monica provides private, one-on-one Pilates sessions in a fully equipped studio, cultivating a personalised and supportive environment for clients of all abilities. The studio features a comprehensive range of high-quality Pilates equipment, including a reformer, tower, wunda chair, pedi-pole and ladder barrel, benefiting clients through a diverse and customised Pilates experience. Every session is carefully designed to address the client's individual needs, ensuring a balanced approach that strengthens, conditions and improves flexibility while developing a sense of wellbeing.

Monica's passion for pain relief and movement stems from her own personal health journey. After suffering a back injury in her 20s that left her facing the possibility of spinal surgery, Monica discovered the healing power of Pilates and just what it can do for people suffering from injuries. Through her dedication to the practice, she experienced a remarkable transformation, regaining her strength and reclaiming her ability to live without pain. This turned out to be a necessary experience and a profound inspiration, resulting in the creation of her studio, where she now shares her knowledge and expertise with others, helping them navigate their own paths toward pain relief and freedom of movement. The carefully designed and calming environment, combined with Monica's empathetic approach, allows clients to feel comfortable and supported as they work toward their goals.

The judging panel was particularly impressed by the collaborative approach adopted by Monica, who helps clients attain their goals more expediently. She takes the time to get to know each client, blending effective movement strategies alongside a fun and supportive atmosphere that encourages progress. Her approach combines professionalism with warmth, helping clients feel both challenged and empowered as they gradually advance to more complex exercises. The goal is always to consistently build strength, but Fascial Soul also looks to cultivate a sense of enjoyment and confidence in movement at the same time.



Fascial Soul offers innovative pain relief and personalised Pilates, empowering clients to move pain-free through expert therapies and compassionate care.



Monica

