INNER STRENGTH

This targeted Pilates routine gives some hidden muscles the workout they need.

BY TIFFANY AYUDA



Styling by Gabrielle Porcaro; hair and makeup by Adrian Alvarado for Honey Artists

"I became a Pilates instructor after I suffered a severe back injury. The benefits I received from this kind of movement made me want to provide that to my community and make it accessible for them. Pilates is healing."
—*Ife Obi*

PHOTOGRAPHS BY ANTHONY CUNANAN

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