



'Barre' Expert, Newlywed Finding 'Life In Balance'

By M.M. Cloutier

What 25-year-old Lauren Kornblum-Donovan has been teaching for nearly a decade has changed people's lives, although perhaps not in the same way it has changed hers.

It all started when she was 12-year-old Lauren Kornblum in Larchmont, N.Y. She took a shot at a fitness class her mom favored and, within seconds, as her limbs quaked, she was "horrified."

"There I was with my mother and her 40-something friends. ... How could these women make it look so easy?"

But, a few years of determination later, Kornblum was considered the youngest-known expert at the Lotte Berk method — more commonly known as "barre." She has been teaching it since, now in Palm Beach as co-owner/lead instructor at year-old la Barre by Anushka (labarrestudio.com), 211 Royal Poinciana Way.

The concept of barre — a low-impact, holistic workout blending ballet, yoga, Pilates and core strengthening —

is popular and more widely understood now, but when Kornblum-Donovan began teaching it on the island in 2008 at the former Exhale-spa location at The Omphoy, "we spent a lot of time explaining it."

No explanation is necessary these days, as evidenced by the busy roster of group and private classes, which also include yoga and Pilates, at la Barre by Anushka, a partnership between Kornblum-Donovan and Anushka Blau of Anushka's Spa and Salon at CityPlace.

"Free time? What's that?" Kornblum-Donovan half-jokes.

Until this past November, Kornblum-Donovan was planning a wedding. On Nov. 9, she married entrepreneur Danny Donovan, an award-winning graphic and web designer who helms Delray Beach-based Dsquared Media.

The two enjoys long walks, inline-skating, bicycling and boating, among other activities. They're often with their rescue dogs — Duke, an American bulldog mix, and Buddy, a Shepherd mix — who've inspired them to volunteer at area dog-rescue facilities.

Otherwise, barre beckons. And because Kornblum-Donovan is eyeballing opening other la Barre by Anushka locations, we wondered: What does she hope the next five "chapters" or her life will be titled — and why?

1. "Nothing Can Stop Her: As I work toward my goals, I know obstacles will be inevitable. I can only hope that regardless of what I may be up against, I'm able to stay positive, persistent and focused, and meet challenges head on."
2. "Love and Marriage: I look forward to my future with my new husband, Danny. I know we'll continue to build a wonderful life together. ... In the near future, we'd like to buy our first home together. And who knows? Maybe one day we'll start a family."
3. "Knowledge is Power: Education is very important to me ... I want to continue learning as much as I can in the sphere of fitness and wellness, but maybe I'll also go back to school to study something entirely different."
4. "Life in Balance: Finding balance in all I have going has not been an easy feat. I hope in my future, I will remember the importance of maintaining balance ... keeping sight of the more important things in life and not getting distracted by all that is just trivial in the long run."
5. "La Barre and More: I hope to continue growing my business. I would love to bring la Barre, and all that it has to offer, to other markets across the country and maybe even across the world."

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