



Number Of Yoga, Pilates Studios Increases On The Island

By Carolyn Susman

Another studio, La Barre by Anushka, has relocated to a loft studio at 211 Royal Poinciana Way and expanded its offerings. Anushka Blau, known for her salon in CityPlace, opened La Barre on Palm Beach about a year ago.

The new location now offers yoga, Pilates and cardio classes, in addition to the classes centered around the ballet barre.

“We work to improve posture, diminish tension and tightness, strengthen the muscular-skeletal system, and improve heart and lung function,” says Lauren Kornblum, who manages the studio.

“Everything is safe. We even worked with a client with a herniated disc – with the doctor’s permission.” Adds Anushka, “It’s about having a body that functions well. We’ve also included nutrition. I believe people have to learn to eat well.”

Kornblum also emphasizes on her blog, labarrestudio.com, “Once the student has gotten a doctor’s permission to participate in classes at la barre, we will guide them through sessions so that they avoid further injury and, more often than not, shorten recovery time. The instructors are trained to know who should avoid doing what.”

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