

## THE INSIDE STORY

From the desk of Marie-José and SmartSpine



Dear health and wellness colleagues and friends,

I hope this letter finds you safe and sound since we last connected.

While we remain in the shadow of the COVID-19 for now, hopefully you have found new inspiration for your teaching and wellness businesses.

The physical and mental aftermath of the pandemic, for many of us, has proven that the work we are doing is even more relevant and essential than ever. It has been so uplifting to see new and empowering ways to teach and connect using Zoom last year. This virtual tool, which looks like it is here to stay, has allowed us to connect with clients as well as tap into some amazing educational opportunities offered to professionals like us.

Many of you know that my husband and I, along with our dog, moved back to the Netherlands three years ago. While that may seem like a long time, we are now settled and loving it! Life for us is quite different in a positive way – and so is the weather – as global warming seems to be working in our favor for now!

Since my move to Europe, I've finally had the time to step back and rethink my work and business priorities. In particular, my SmartSpine business, a system developed out of my passion for teaching.

As a byproduct of moving overseas, managing the logistics became challenging for me, and as interest in SmartSpine increased during COVID, the handling reliability decreased.

As a result, I decided to search for a highly educated and dedicated professional to take over the business. SmartSpine teaching requires a unique skill set; dedication and a multidisciplinary vision for the continued growth in a much evolved world of moving smarter.

I am proud to introduce **Cathy Baldasserini** as the new owner of the SmartSpine business, a business match made in wellness heaven. Cathy is the owner and director of Pilates for Life in Allen, Texas. She comes from a dance background and has completed certification in the Pilates movement with Physical Mind, Power Pilates, Polestar, Pilates International and Pilates Method Alliance (PMA). Cathy holds memberships in PMA, Yoga Alliance, American Fitness Association and the National Association of Professional Women. She is certified as a Neurokinetic Therapist Level III, Fascial Stretch Specialist Level III, NMR (Neuromuscular Reprogramming) II and P-DTR Proprioceptive Deep Tendon Reflex Level III.

In addition, Cathy is one of the first Pilates movement educators certified to train and teach the SmartSpine System to professionals in the movement and wellness field. She has made a seamless and professional transition for your convenience through her website, [pilatesforlifeallen.com](http://pilatesforlifeallen.com), and by activating the new SmartSpine online boutique. As a result of these changes, Cathy will provide SmartSpine service for the U.S. and Canada.

For those of you who have been anxiously waiting for hands-on expert education, a 2-day SmartSpine studio workshop is planned for the weekend of October 2 - 3 from 10:30 a.m. - 6:30 p.m. Be sure to visit [smartspine.com](http://smartspine.com) to register for the event.

I'd like to congratulate Cathy on her new Smartspine business edition. Please do not hesitate to connect with her for your future interest in SmartSpine products or SmartSpine education for your business. From time to time I will remain in touch via a blog on Cathy's site .

With warmest regards,

Marie-josé.

Where Wellness is Your Business  
in Body, Mind, and Future

