

Beth Posa - bio 2019

Beth Posa is the owner of New Strength Pilates—an exclusive studio with an intimate setting - specializing in many movement and wellness modalities—in the Riverstone area. She is a fully certified STOTT PILATES instructor and has been since 2006. Training trainers is part of her skill set she earned the certification of STOTT PILATES Instructor Trainer in 2007. She has spent thousands of hours completing her training and qualifications to be in the Pilates arena. She has been appointed a specialist in Active for Life, Athletic Conditioning, Dance Conditioning, Group Equipment, Group Matwork, and Post Rehabilitation. Her education brings many other experiences with Michele Larrison of Core Dynamics, Ron Fletcher's Towelwork and Liz Koch.

Beth's education and experience spans many other modalities including Pink Ribbon Breast Cancer Exercise Specialist. New Strength Pilates studio ran classes for Breast Cancer Warriors for 6 years, including all who signed up, as a community service for those living in Fort Bend. Teaching CPR/AED life-saving skills to schools, companies and individuals has been a rewarding community endeavour. She is certified through the American Red Cross as a CPR/AED Instructor since 2009. She is a Melt Method Instructor certified in all levels and components of MELT (hand and foot, length, performance, and Pilates) which is a fascial hydration system used for the relief of pain and inflammation. Instructing TRX, Total Barre, Zenga Mat and equipment are many other skills that she has brought into training her clients. Restorative Exercise Specialist and Healthy Foot Practitioner is another area of certification and study Beth has achieved through Nutritious Movement. This is a method that helps a body achieve natural alignment and health through corrective movements.

Completing a 6 day Intensive Hands-on Human Dissection Course made her a Somanaut exploring the inner space of the body with anatomy. She has completed work with ScolioPilates and Pilates for MS and other Neurological Conditions. Certification as a Rossiter Practitioner has offered another pain relieving technique to bring to her clients. Seeing many with Osteopenia and Osteoporosis prompted her to become a peer educator for American Bone Health. It allowed her to access the latest research to share with her clients for improve overall bone health. She has trained in Craniosacral Therapy, Muscle Activation Technique and is currently working on NeuroKinetic Therapy.

She began in the fitness business as a personal trainer and a group fitness instructor. Yoga, Kickboxing, Spin, Aquatics, and group exercise were certifications that were acquired in the beginning of her movement career. Education has helped her evolve her expertise as well as 19 years of experience in movement. Beth's focus has been working with post-rehab clients, groups, and high level athletes, or anyone who wants to succeed in acquiring better health and body education. Community is important to her and serves as an inspiration that is present in the studio and her work. She offers her intuition, experience, and education that brings relief, improved function and strength to all that see her. It comes from the heart with a bit of laughter, an open mind, listening ear and guidance to bring clients to the place of health and well being.