

Yoga In Orlando Gets Transformed By Revolutionary New Workout Classes Called The Bar Method

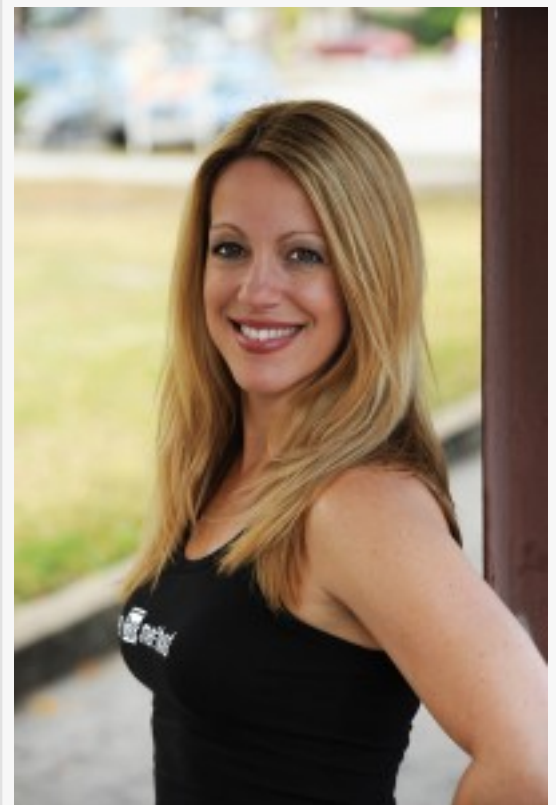
[/EINPresswire.com/](#) Beyond most classes that just do [Yoga in Orlando](#), The Bar Method workout creates a uniquely lean, firm, sculpted body by combining the muscle-shaping principles of isometrics, the body-elongating practice of dance conditioning and the science of physical therapy.

Growing in popularity over Yoga in Orlando, The Bar Method claims a method of revolutionary new workout that quickly and safely reshapes one's entire body. Creating a synthesis of interval training, isometrics, dance conditioning and physical therapy, The Bar Method began as a practice first developed by German dancer Lotte Berk, who fled Nazi Germany to Britain in the 1930s. After injuring her back, she combined ballet dance routines with the physical therapy prescribed by her doctors. Later, an early student, Burr Leonard, refined the method with the help of a physical therapist to better sculpt students muscles without impacting bone joints.

The Bar Method differs from [Orlando Yoga classes](#) by focusing exclusively on muscle groups to build power, physical grace and stamina, instead of Yoga's combination of physical, mental and spiritual release and renewal.

A current student said of The Bar Method, "Nothing really compares to The Bar Method... It's the most efficient, effective full body workout I've ever been able to experience."

The Bar Method currently facilitates over 65 franchise studios across the United States and Canada. Recently, The Bar Method received investment funding to ramp up growth of their franchise system.



Karen Moreno is the owner/instructor for The Bar Method in Winter Park, FL. Karen is also the co-owner of The Bar Method studio located in Dr. Phillips, FL.

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<https://www.youtube.com/user/TheBarMethodOrlando>

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