



**jillian feulner**

THE PILATEZ MAMA

**[pilatezmama.com](http://pilatezmama.com)**  
**[instagram.com/pilatezmama](https://www.instagram.com/pilatezmama)**



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## about

I started pilatezmama.com just a few months ago in pursuit of sharing the lifelong journey that Pilates has guided me through and creating a community for other mothers and mothers-to-be to grow and strengthen through. My Instagram page offers a daily peek into my day-to-day life with my two daughters and husband, our traveling adventures, and of course - Pilates!

## influence & growth

My focus on the blog and Instagram page is to share glimpses of our lifestyle with other mothers to demonstrate how being active, traveling, and generally staying healthy and happy is all still achievable while being busy with kids. My growth has increased steadily and organically as I engage my target audience with intention and purpose.

**"A strong, positive self-image is the best possible preparation for success. "**

## background

- Training in Romana Pilates, the most authentic Pilates methodology
- Pilates instructor in Chicago, IL, at Superior Pilates 2010-2013 and Total Body Dynamics 2013-14 in Saint Charles, IL
- Founded Pleasanton Pilates in Pleasanton, CA, 2014
- Mother of two daughters, Lyla and Makenna, and loving wife to husband and partner-in-crime, Matt

