

# A LIFE *in* MOVEMENT

World renowned posture-enhancement and body shaping is now available in Marylebone under the guidance of Ivana Daniell

Ivana Daniell most certainly practises what she preaches. Having originally set up her studio in Singapore, the beautiful Italian former dancer glides around her Marylebone outpost with a big smile on her face, the body of someone half her age and an almost regal gait, which is fitting when rumoured clients include royalty.

Not to be confused with an average Pilates class, Movement Therapy is both Ivana's forte and passion, with the aim of restoring the body to its optimum form and condition. The stress of daily life, lack of knowledge and a desk-bound culture, mean many of us breathe too shallowly, have poor posture and experience many of the aches and pains that arise accordingly. 20 years of expertise across Pilates, the Gyrotonic method (circular and fluid exercises akin to yoga and swimming) and the Alexander Technique has rendered Ivana the go-to specialist for 'haute couture' exercise programmes which seek out and address areas of concern.

Clients start with a two hour assessment examining their lifestyle, body type, medical history and efficiency of movement and are then talked through a course of action which targets breathing, the core muscles, the pelvis and bodily alignment as required. If a client would also benefit from supplementary treatments including sessions with a nutritionist or Ayurvedic practitioner, Ivana is also on-hand to advise.

Of course, the bespoke programmes come with a fabulously Italian analogy to inspire: "Our body is a Ferrari that has been perfectly designed, but needs maintenance." ■

*Initial postural assessment with Ivana Daniell at Life in Movement costs £200 although Vantage readers can book a consultation for just £100. Subsequent sessions with a qualified Life in Movement instructor are £90, and £150 with Ivana*

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## THE TREATMENT

*By Alexandra Barton*

Rare, if not non-existent, is the time we spend ensuring we are sitting up straight, breathing properly or considering our body type. But that is what Ivana helps me to do throughout our session, offering fantastic insight and plenty of recommendations.

Just from watching how I entered the room, Ivana was able to identify the aches and pains I might experience in everyday life, leaving me in no doubt she was an expert; tingles in my arm and occasional knee tenderness were immediately attributed to my stronger left side and we talked about ways I could address the imbalance. She also noted slight 'scoliosis', or a curve of the spine.

Ivana is also well-versed in Ayurvedic principles and with it, the physical traits that co-vary. Even though I consider myself a relatively active person, it was beneficial to hear about the particular type of training I should be focusing on.

Speaking to Ivana is very much like getting tips from a good friend and I find myself remembering to sit up straight, breathe more deeply and hold my shoulders back long after I leave our session, buoyed by encouraging emails from the lady herself.

