



body organics

Carlia Mullins brought Pilates to West End Back in 2002 when she first opened her studio doors in the old church on Dornoch Terrace. Since then, Carla and her team have moved to a much larger studio in a beautifully restored Queenslander, complete with fully renovated horse stables. The team have expanded their core service of Pilates to offer body movement methods such as Gyrotonic® (pictured), Core Align® and Yamuna®. New to Australia, these techniques have already grown a dedicated following overseas. The centre also offers body work therapies including physiotherapy, osteopathy and massages which may be claimable under some health funds.

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