

# LEE COOPER

Lee Cooper enters her second career as a Pilate's instructor after performing and teaching in the dance field. She has devoted a large part of her life to dance education at Colorado State University, The University of Northern Colorado and Mesa State College. Past experience includes being the founder of The Dance Connection, a modern dance company based on body/mind modalities as well as presenting to the National Dance Education Organization as an arts education advocate. The study of Pilates inspired a new passion and a new path for teaching, which has culminated in a personal quest to bridge the science and art of human potential as it applies to each individual. She believes that Pilates, when taught as healthy movement, enhances every aspect of life and encourages people to live their lives for the better.

