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**Mary Bowen Inducted into Cambridge Who's Who for Excellence in Pilates Plus Psyche**

*Ms. Bowen's two careers converged in 1995 when she combined her work with the body and psyche to study the whole person, the conscious, and the unconscious (now known as Pilates Plus Psyche).*

**/Cambridge Who's Who/** - Northampton, MA, May 11, 2008, Mary Bowen, Sole Proprietor of Life Long Pilates With Mary Bowen, has been recognized by [Cambridge Who's Who](#) for showing dedication, leadership and excellence in all aspects of the Pilates method of conditioning and rehabilitation and the psychological Jungian individuation process.

One of five distinguished Pilates Elders who studied under the founders, Ms. Bowen has studied both the Pilates Method and Jungian Analytical Psychology for 49 years and has been teaching Pilates since 1975. In 1971, she started working as a Jungian analyst and still is today. Ms. Bowen's two careers converged in 1995 when she combined her work with the body and psyche to study the whole person, the conscious, and the unconscious (now known as Pilates Plus Psyche).

Ms. Bowen provides therapy in three separate arenas; the body alone (the Pilates Method), the body and the whole psyche (Pilates Plus Psyche), and the psyche alone (Jungian Analysis). She runs two Pilates studios and three psychoanalytic offices throughout Massachusetts, Connecticut, and New York, all of which she visits weekly. She conducts one-on-one sessions for clients or two- through nine-hour "Intensives," continuing education sessions for Pilates teachers, national and international studio workshops, and annual conferences.

Ms. Bowen is a founding member, Gold Certified, of the Pilates Masters Alliance.

For more information visit <http://www.pilates-marybowen.com>, or you may e-mail Ms. Bowen directly at [MaryBowen18@sbcglobal.net](mailto:MaryBowen18@sbcglobal.net).

**The Cambridge Who's Who Mission**

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**Cambridge Who's Who** members have exclusive access to the biographical information of more than 200,000 successful executives, professionals and entrepreneurs at [www.cambridgewhoswho.com](http://www.cambridgewhoswho.com), where they use the database to share information, knowledge and services. Communication via the **Cambridge Who's Who registry** travels in two directions, enabling **Cambridge Who's Who** members to reach out when they have a business need or opportunity as well as receive information on exciting new ventures.

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The Cambridge mission is to deliver its members the recognition and competitive edge needed to network and do business effectively. Inclusion in the registry is an honor limited to individuals who have demonstrated leadership and achievement in their industry and occupation. The registry is distributed exclusively to our members around the world, making it the ideal vehicle for you to use to position yourself and your company.