



### **Blossom Leilani Crawford**

Blossom Leilani is the owner and director of Bridge Pilates in Brooklyn, New York. She is known for her playful and powerful teaching methods, which she developed during the seventeen years she worked with Pilates Elder Kathleen Stanford Grant. Since then, Blossom has made it her mission to expose each one of her students to the joy and satisfaction that comes from intelligent exercise.