

Balance Studios Offers Well Rounded Martial Arts in Philadelphia

Bob Ong April 30, 2014



Phil Migliarese

Phil Migliarese and his brother, Ricardo, seem to have followed in the footsteps of the renowned Brazilian Jiu Jitsu Gracie family in establishing Balance Studios in Philadelphia.

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With a legendary template to follow, Migliarese and his Balance Studios team, have for the past 12 years been offering by design, a full program of martial arts and fitness training for all.

Balance Studios is not about MMA, UFC, and ring fighting only. Although their instructors and owners have extensive training in these highest levels of martial arts competitions, they strive to offer an array of physical and mental fitness programs such as yoga and self defense for women.

Their programs include a comprehensive and disciplined diet to accompany the physical training regimen needed to succeed with peak performance, regardless of what goals from training are set. Law enforcement, anti-bullying campaigns, self defense, and Muay Thai kickboxing are also incorporated in their programs. Building confidence, physical fitness, and mental acuity, are the direct result of an active participation in Balance Studios curricula.

Migliarese started studying martial arts at the early age of 8, through yoga, where he learned to come in tune with his body and spirit. Growing up in the streets of South Philadelphia was not easy. As an Italian-American, South Philly was known as a battle ground not reserved for the fainted heart. Perhaps it was Migliarese's yoga training that gave him the gift of tranquility that he learned to blend with his fighting skills. Strength and flexibility were always fundamental to his being. As the founder of Balance Studios, it is no wonder that there is a "balanced approach" to working with all ages, genders, and size students.

The encounter with Royce, Rorion, and Relson Gracie in 1990 in Philadelphia at a live seminar, was Migliarese's life changing moment whereupon he began his devoted training with this family. As a 14 year old white belt, he was entered into a challenge with a karate black belt, where he defeated his opponent using his Gracie techniques of Jiu-Jitsu.

Following a devastating car accident that almost took his life soon after, Phil Magliarese never gave up his quest for life and health and worked his way back to the competitive mat and ring with renewed vigor. For more information on Phil Migliarese and his Balance Studio, call or visit: (215) 636-9661 108-114 Bonsall St Philadelphia Pa 19103 (Center City)

(215) 708-0402 8025 E. Roosevelt Blvd. 2nd Floor Philadelphia, PA 19152 (Northeast)

<http://Balancestudios.net>

Balance Studios

Philadelphia, PA 19103

phil@balancestudios.net

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