



Mara Kimowitz

Creator, Founder and Owner | [StretchSource®](#)

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Mara Kimowitz is an expert in helping people stay flexible so they can continue participating in the activities that make them happy for a lifetime.

Mara works with a range of clients who all share a strong desire to remain pain free, unlock tension, achieve high performance and establish longevity.

She is the founder of StretchSource® System of Assisted Stretching and the StretchSource® Certification Course; continuing education for fitness and wellness professionals.

Thousands of people have benefited from the StretchSource® System both at the studio, from home and at work.

Mara offers a [15 minute confidential, no-cost consultation](#) – email to make an appointment to discuss your current flexibility needs and goals.

You can learn more about Mara [Here](#).