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In 2016 I took the Stott Pilates essential and intermediate matwork instructor training course with Merrithew at the YMCA and in 2019 extended my training with Polestar Pilates to become a Comprehensive Equipment and Mat Instructor. My teaching is technical and precise so that results can be felt and seen quickly.

Pilates | Living Pilates UK | Bristol, England

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This course teaches the biomechanical principles of STOTT PILATES® and their application to the mat and Reformer work. Students will learn essential and intermediate level exercises on the mat and Reformer, as well as modifications utilizing the Flex Band®, Fitness Circle®, and Arc Barrel.