

Brent Anderson, PT OCS, President of Polestar Education, is a leading authority in performing arts, medicine and Pilates-evolved techniques for rehabilitation. A licensed Physical Therapist and Orthopedic Certified Specialist, Brent is a frequent speaker at national and international scientific and professional conference.

Carolyn Anthony was first introduced to Pilates by Alan Herdman while a professional dancer in London. When her career ended with the birth of her first child she went on to develop fitness programs for special populations. For the past ten years she has run classes and Teacher Training Courses in pre- and post natal fitness incorporating her knowledge of Pilates into the programs.

Carol Appel, a teacher since 1982, Carol trained under Romana Kryzanowska. She has pioneered the full-service Pilates model within the health-club setting. She co-owns two health clubs, directs a teacher training program, and consults in the business of Pilates. Carol serves on the PMA Board of Directors.

Maya Aubrey has taught Pilates in Santa Fe, New Mexico for 11 years. She specializes in teaching Reformer and apparatus classes to small groups. Combining her background as a professional dancer, choreographer, yogi and Pilates instructor she creates classes that flow organically from one move to another to create a complete and unique workout.

Juergen Bamberger, GYROTONIC® Master Teacher, B.A. Dance Education, is an internationally recognized educator and a pioneer in the field of GYROTONIC®. He has been teaching all aspects of GYROTONIC® full-time since 1991 and was on staff at the original White Cloud Studio until 1999. Juergen worked with GYROTONIC® in the medical field for several years, applying the system to physical therapy and rehabilitation in clinics in Germany and NYC. Based in NYC he travels extensively to conduct teacher worldwide.

Sherril Baptiste Freeman is an inspirational teacher at the forefront of yoga training in America, and comes from a lineage of master teachers. She is the daughter of two of America's yoga -health-fitness pioneers Magaña & Walt Baptiste, who established yoga on the West Coast in the mid-50's. She is the founder of Baptiste Power of Yoga(tm). In addition she has served as the Membership Liaison for the International Association of Yoga Therapists, teaches and leads retreats at health spas and retreat centers worldwide.

Leslee Bender, has over 25 years experience in the fitness industry. She founded The Pilates Coach in order to develop a Pilates program with biomechanically sound moves for the general population. She developed the Pilates Mini-Ball workout and loves to work with fitness professionals who want to expand their knowledge of Pilates.

Sherril Betz, PT, is the creator of TheraPilates®, a movement re-education program. She specializes in the pelvic girdle, spine, osteoporosis & women's health. As a physical therapist, Sherril has worked with the San Jose Sharks, professional figure skaters and elite-level gymnasts. She also has 20 years experience teaching group exercise. Sherril is the author of "The Osteoporosis Exercise Book: Building Better Bones" and her videos include "Pilates for Osteoporosis", "Dealing with Acute Low Back Pain" and "Prenatal Pilates".

Madeline Black is a nationally known leader in the Pilates Method of conditioning. She has developed curriculum for Pilates Certification programs and currently teaches the Integrated Teacher Training, ITT Pilates around the country. Madeline founded the first private Pilates studio in the Bay Area, A Body of Work, in San Francisco and now directs Studio M in Sonoma, CA. She holds certifications in the Gyrotonic Expansion System®, ACE and ACSM.

Sabra Blacklock-Zimmer is a Senior Teacher of the Ron Fletcher Work and holds a BA in Dance from Loretto Heights College. She has co-owned Power Plus, Inc. in Denver since 1993 with her husband Timothy.

Marie-Jose Blom-Lawrence is the founder and director of Long Beach Dance Conditioning. She is a member of the teaching faculty at Loyola Marymount University where she teaches Dance Medicine and Physiology. Her expertise is Pilates Technique and the development of clinical adaptations widely used in Dance and Sports Medicine.

Allyson Cabot, PT is co-creator and partner of Core Conditioning, a physical therapy and Pilates facility. Core Conditioning includes educational programming for instructors and health care professionals. She holds a B.S. in Physical Therapy and Kinesiology. She is a certified Pilates trainer and Gyrotonic apprentice. Allyson practices craniosacral release techniques, manual orthopedics and neurological rehabilitation. She has been a health care practitioner for twelve years.

Cain Carroll is the director of the Yoga Teacher Training Program at Southwest Institute of Healing Arts. He is the author of two internationally acclaimed books Partner Yoga: Making Contact for Physical, Emotional & Spiritual Growth and Ingles Dinamico: Paso a Paso. With a magnetic presence and playful spirit, Cain inspires students to uncover their inherent yoga practice, as a means of surrendering to the Truth of their own heart. For more info, visit PartnerYoga.com.

Joerg Chabowski is originally from Germany where he received his nursing degree. He also holds certifications in the Pilates method, AI-Stretching, Spinning Instruction, and in Health and Fitness by the American College of Sports Medicine.

Marci Clark is an international presenter on fitness and wellness programming. In addition to educating professionals in Pilates, Marci is an expert in the business of starting and maintaining profitable Pilates programs in fitness facilities. She is the CFO of PowerHouse Pilates and a Principal Consultant educating fitness centers on the business of Pilates and mind-body programming. She is the co-author of The Pilates Reformer Manual and The Pilates Matwork Manual, and the co-star of nine Pilates exercise videos.

Halle Clarke has been teaching Pilates for over ten years. She has trained with Kathy Grant, Romana Kryzanowska and Irene Dowd (anatomy). Halle is the owner of Mongoose Bodyworks in NY. She believes in the transformative power of mind/body fitness.

Karen Clippinger's lifelong work has focused on applying scientific principles to enhancing alignment and movement performance while lowering injury risk. She is currently an associate professor at California State

University, Long Beach, where she teaches Functional Anatomy for Dance, Dance Injury Prevention, Placement, and Pilates-based courses. Ms. Clippinger worked as a clinical kinesiologist for 22 years. She has given over 350 presentations throughout the U.S., Canada, and Japan.

Roger Cole, Ph.D. is a certified Iyengar yoga teacher trained at the Iyengar Yoga Institutes in San Francisco and Pune, India. He is known for his deep understanding of yoga and clear, gentle teaching style. Roger has practiced yoga since 1975, and has been featured in five of Yoga Journal's calendars. He teaches weekly yoga classes, teacher training, anatomy, physiology, and therapeutics at Yoga Del Mar near San Diego, and conducts workshops throughout the world. Roger is also an accomplished scientist educated at Stanford and the University of California.

Kathy Corey is the founder and Director of the West Coast Pilates National Certification Program. Kathy is recognized internationally as a leader and innovative educator in the Pilates community. A teacher of the Pilates Method since 1979, she has been awarded a Certificate of Merit as a Master teacher. Her Teacher Training Programs are acclaimed for their attention to body alignment and movement patterns. She is currently writing a book on the Pilates Method.

Jean Couch is the author of the Runner's World Yoga Book and the revised edition of The Runner's Yoga Book. Jean has taught yoga for 30 years throughout the United States, Canada and Mexico and currently owns and directs the Balance Center in Palo Alto, California. She has published articles in Runner's World, Yoga Journal, Yoga International, Fit and Self magazines.

Angela Crowley, a former gymnast and dancer introduced Gyrotonic Expansion System® to Colorado in 1992. Her studio, The Phoenix Center for Health Excellence, is a leading edge organization in the field of complementary health care, and the first to integrate Gyrotonic Expansion System® with physical therapy, Pilates, Feldenkrais, acupuncture, massage and nutrition to create a comprehensive system for fitness and rehabilitation. Angela has been training instructors in Gyrotonic Expansion System® for over eight years.

Patrick Dempsey, H.H.P. has spent the last 12 years intensively studying Pilates with Ron Fletcher and Kathy Corey. He has also spent 20 years studying and teaching various styles of massage work, and is a 2nd degree black belt in Aikido. He has developed Pilates programs for martial artists, tri-athletes and tennis professionals and has worked with professional NFL athletes.

Pandit Mukesh Desai is an internationally acclaimed performing artist of Indian classical music, and a foremost disciple of the legendary Pandit Jasraj. After being invited to the west over twenty years ago Pandit Desai has offered workshops in the U.S. and Europe on "The Spiritual Potential of Sound". In the early 1990's he met Yogi Ramanand Patel, and together they have been teaching the acclaimed workshop "Yoga and Sound" throughout the world. Pandit Desai is known for his deep understanding of Life. Yogi Amrit Desai is one of the earliest pioneers of yoga in this country and an internationally renowned yoga master. He began teaching in the U.S. in 1960, and in 1970 he had a profound Kundalini awakening, which shattered the old model of yoga he had been practicing and teaching. Out of this experience, he

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developed a methodology that altered the popular notion of yoga as a physical discipline. He named it Kripalu Yoga, in honor of his guru. The methodology he developed is taught by thousands of certified yoga teachers all over the world in the form of Amrit Yoga.

Nischala Joy Devi is a masterful teacher and healer who is sought after as an international speaker and lecturer on yoga and it's uses in spiritual growth and healing. During her 18 years as a monk, she discovered ways to blend traditional Western medicine with yoga and meditation. She used this expertise in developing the yoga portion of The Dr. Dean Ornish Program for Reversing Heart Disease. She now offers "Yoga of the Heart" a training for yoga teachers and health professionals enabling them to work safely with cardiac and cancer patients. Her book *The Healing Path of Yoga* expresses these teachings.

Diane Diefenderfer was a Professional Ballet dancer with the Frankfurt Ballet and the Los Angeles Ballet. She began Pilates training in 1978 at the Ron Fletcher Studio in Los Angeles. She taught for the Ron Fletcher Studio from 1984 - 1987 when she opened Studio du Corps in Orange County. She has been the Director of the Pilates Program at UC Irvine since 1988 where she is also on the dance faculty.

Lauren DuBeau is a STOTT PILATES™ Certified Instructor Trainer, based at the Stott International Certification Center in Canada. Lauren travels extensively presenting and training in the STOTT PILATES method. She is currently part of a team producing videos and technical manuals for STOTT.

David-Dorian Ross, author of the book, *Power, Freedom and Flow: The Mind/Body Path to Fitness, Wellness and Health*, is a national team trainer for Systematic T.O.U.C.H. Training, a faculty member of the International Sports Medicine Association and a three-star IDEA presenter. His competitive performances in T'ai Chi Ch'uan have won him five US gold medals and a World silver medal.

Beth Evans, Assistant Program Director of STOTT PILATES™, and a Stott Certified Instructor Trainer. Beth is instrumental in developing and overseeing Stott training and certification programs. She is also a sought after international presenter, a featured performer in ten Stott Pilates videos, and co-author, with Moira Stott-Merrithew, of numerous Stott Pilates manuals.

Keli Fine is a Master Trainer and has been studying and teaching under Juliu Horvath, creator of GYROTONIC®, since 1988. Additionally, a lifetime of dance and over a decade of yoga training with renowned teacher, Ramanand Patel, creates a dynamic base of experience. Keli's innovative style of teaching, along with her ability to guide and inspire her students, provides a highly educational and joyful experience.

Marti Foster has been teaching both locally and internationally for the past 18 years. From very early on, Marti knew that her life's work would be dedicated to the healing sciences. Her intense curiosity about human physiology led her into professions including Neurological Health Care, Cardiovascular Medicine, and Sports Medicine Rehabilitation. Marti specializes in teaching Vinyasa Flow yoga.

Eric Franklin has more than 25 years experience as a dancer and educator in the somatic field. He has taught

at major Universities and dance centers in Germany, Austria, Switzerland and the US. In 1998 he introduced the first dance conditioning methodology to mainland China. He is author of *Dynamic Alignment through Imagery and Dance Imagery for Technique and Performance*, *Dance Conditioning*, *Liberate Your Neck*, *Relax Your Shoulders* and *Pelvic Power: the Dynamic Training of the Pelvis*.

Laura Gallerstein has been in the mind/body field for over twenty years. She originated the first Pilates-based program at world renowned Rancho La Puerta and Golden Door Health Spas. For the past ten years she has been working with pregnant women and leading Prenatal Pilates Workshops. Her mission is to create a space for instructors to honor the birthing process and to embrace the exquisite experience of bringing a soul onto our planet.

Siri Dharma Galliano, certified by Romana Krysanowska in New York Pilates, certified by Yogi Bhajan in Kundalini Yoga, Siri Dharma Galliano has 25 years teaching experience and a successful studio in Beverly Hills. She teaches and moves around the world to consult in individual studios on safety and success.

Elizabeth Gillies is the owner of the Insidescoop Pilates studios in New York. She has devoted the past 20 years of her life to learning and refining the ideas, principals and bio-mechanics of the Pilates Method. Liz is known for her creative talent in formulating new and exciting variations to appeal to a more diverse population. In 1996 as Pilates programming director for Yoga Zone, Liz originated TOTALLY TOWER Wall Unit apparatus classes. She has been a certifying teacher for The Method Pilates since 1997.

Colleen Glenn has been a pioneer in Pilates teaching and instructor education. She is Education Director for Peak Pilates. She has been featured in magazines, books and exercise videos and on television. Colleen also co-founded the Pilates Method Alliance. Her intuition, passion and experience continues to inspire all audiences.

Lisa Marie Goodwin is considered a Master Trainer of the Gyrotonic Expansion System® and Gyrokinesis®. She was introduced to these unique systems during her career as a professional ballet dancer and through her experience as a Pilates teacher trainer instructor. As a ballerina she performed all over the country and then as a Pilates instructor began teacher training under the guidance of Marie-Jose Blom-Lawrence at Long Beach Dance Conditioning.

Patrica Guyton is a former modern dancer and has coached for the United States Gymnastics Federation. She began her study of The Pilates Method in 1985. In 1995, Pat took a workshop with Ron Fletcher and was so inspired by his work and approach to the Pilates Method, that she became his student and has continued her study with him. Pat works at Boulder Osteopathic Center in Boulder, Colorado. She is chairperson of the Board of Directors for the Ron Fletcher Company and is proud to be an active member of the Pilates Method Alliance Board.

Judith Hanson Lassiter started yoga at the "Y" in Austin, Texas, in September, 1971. Ten months later she was teaching 20 classes a week. She became a physical therapist, was awarded a Ph.D. in East-West Psychology, studied with B.K.S. Iyengar, and helped found Yoga Journal

and the Iyengar Institute in San Francisco, California. Her books are *Living Your Yoga: Finding the Spiritual in Everyday Life* and *Relax and Renew: Restful Yoga for Stressful Times*.

Jillian Hessel performed as a professional ballet dancer in New York, Switzerland and Germany. When a serious back injury sidelined her from performing in 1981, she began studying Pilates in New York with Kathy Grant, then apprenticed with Carola Trier where she began teaching. In 1986, she moved to Los Angeles and continued teaching at the Ron Fletcher Studio for Body Contrology for two years before opening her own studio, The Well-Tempered Workout (www.jillianhessel.com).

Jody Hoegstedt is President of Balletone, Inc. and creative director of their instructor certification programs. A former professional dancer, she has taught ballet for over 15 years and was honored as a Princess Grace Foundation Nominee in ballet. Her Balletone program has been featured in the media nationwide.

Juliu Horvath is the Creator and Founder of GYROTONIC®, Gyrokinesis®) and the Gyrotonic Expansion System®. Juliu dreamed of a machine that would help a dancer achieve a better turn or pirouette. This dream and Juliu's creative energy lead him to the development of Gyrotonic Expansion System®, as we know it today. Now people of all ages and all walks of life have benefited from his system.

Paul Horvath has 25 years experience teaching sports, especially gymnastics. For the past 8 years he has been a Physical Therapist at the Rheintal Klinik in Germany where he uses the Gyrotonic Expansion System® for rehabilitation.

Dawn-Marie Ickes serves as the Director of Education and Clinical Supervisor at Center Studio. She teaches a variety of courses integrating rehabilitation principles and Pilates. She holds a B.S. in Biology and a Master's in Physical Therapy. She is certified in Pilates and was elected to the first national board of directors for the Pilates Method. Her clinical background includes experience in and post-natal rehabilitation, pediatric orthopedics, neurology and sports medicine. Her latest project is a Pilates video for the MS Foundation due to be released in March 2003.

Rael Isacowitz is recognized internationally as an expert in the Pilates method. He has worked extensively on five continents in the fields of dance and Pilates sharing a rich background as a professional dancer, athlete, teacher and master of Pilates. Incorporating Pilates, yoga, dance, athletics, academic knowledge, and more than 25 years of teaching experience, Rael founded Body Arts and Science International Certification (BASIC). BASIC is recognized as a contemporary and cutting edge approach to the works of Joseph Pilates, and is an amalgamation of the pure form of Pilates and current scientific knowledge.

Dianne Kadonaga is director of Arjuna Movement Arts, a multi-cultural educational institution based in Columbus, Ohio. Dianne is a certified yoga instructor and licensed occupational therapist. She is fascinated by the workings of the body and incorporates her medical knowledge and study of Alexander Technique and other somatic disciplines in her practice and teaching of yoga. Dianne studies Isha Yoga with Sadhguru Jaggi Vasudev of India.

Kaliji, yogini, is founder of TriYoga®, a complete method that includes the full range of traditional yoga practices. The inspiration for TriYoga sadhana comes from Kaliji's continuing experience of kriyavati (kundalini manifesting on the plane of hatha yoga). Kaliji has fully systematized hatha yoga -asana, pranayama and dharana- from Basics to Level 7. Her presence, her mastery of the flow and the ageless wisdom inherent in TriYoga have inspired and transformed countless lives.

Doug Keller is one of the senior teachers in the Anusara school of yoga founded by John Friend. Doug's workshops are well known as enjoyable learning experiences distinguished by his clarity, wit, and wise and insightful style. After completing his Master's Degree in Philosophy at Fordham University in 1984, Doug began his practice of yoga upon meeting the renowned meditation master, Swami Muktananda. Doug is the author of Anusara Yoga and Refining the Breath. His web site is www.DoYoga.com.

Shanti Shanti Kaur Khalsa, Ph.D. is the Director of the Guru Ram Das Center for Medicine & Humanology, where she provides health education, yoga instruction, professional training, medical research and psychological services for persons living with chronic or life-threatening illness and their families. Dr. Khalsa is a certified Kundalini Yoga teacher, a trainer of teachers and is a RYT/500 with Yoga Alliance. She is a charter member of the International Association of Yoga Therapists and lectures widely on the behavioral, psychological and spiritual aspects of making lasting change.

Rahis Khan, the internationally known tabla maestro, made his debut in the world of music with a concert performance at the ripe old age of seven. He was taught by his father, Ustad Aziz Khan. He has played in virtually every corner of the world, from Saudi Arabia to Singapore, in his homeland, India, and in the United States. He has played in many diverse styles and with such varied groups and individuals as George Harrison and Crosby, Stills, Nash and Young. He is the head of his own School of Music in San Diego, California.

Liz Koch has been featured in Yoga Journal, Positive Health and Massage & Bodywork. Liz is an international teacher of 27 years and the author of The Psoas Book, Core Awareness: Enhancing Yoga, Pilates, Dance & Exercise and Unraveling Scoliosis CD.

Andrey Lappa is president of the yoga Federation in the Ukraine and Russia. Andrey has been studying, practicing and teaching Yoga world wide for 22 years and has traveled and researched yoga extensively with some of the greatest yoga masters of our time. Having exceptional psycho-energetic abilities and possessing key principals of Ashtanga Yoga, he teaches a powerful and effective style, based on consciousness in practice and the power of spirit. Andrey is the author of 2 books, 16 video tapes, 3 CD-Video programs and 8 Yoga posters.

Elizabeth Larkam has 18 years of experience as a Pilates professional, designing programs for fitness, dance, sports, rehabilitation and academic settings. She augments her Pilates expertise with certifications in Feldenkrais, Gyrokinesis and Gyrotonic. The Director of Pilates & Beyond at Western Athletic Clubs, Elizabeth directed the Pilates program at Saint Francis Hospital and taught in Exercise and Sports Science at the University of San Francisco. She is the creator of the Pilates

Allegro video series, the Pilates Mat Roller & Ring program, Reebok Core Pilates, BOSU Pilates and PilatesPerformance, as well as 30 instructional videos.

Cyndi Lee is the director of OM yoga center in New York City. A practitioner of both hatha yoga and Tibetan Buddhism, Cyndi is known for her compassionate and playful teaching style. She is the author and artist of the best-selling OM Yoga in a Box series, as well as OM Yoga: A Guide to Daily Practice, OM at Home, and Yoga Body, Buddha Mind. She writes the vinyasa column for Yoga Journal.

Cecile LeMoine Bankston has been studying Pilates for 20 years and has been teaching for 12 years. She is certified through both the PhysicalMind Institute and West Coast Pilates. Cecile is a former professional dancer with Cincinnati Ballet, Tulsa Ballet Theatre, and Dallas Ballet. She began studying Pilates at the Houston Ballet's body conditioning studio and has continued her studies with Ron Fletcher, Elizabeth Larkam, Michele Larsson, and Kathy Corey. Cecile continues to work very closely with Kathy Corey and her certification program.

Maria Leone, a black belt in Tae Kwon Do and former professional dancer, is the owner of Bodyline in Beverly Hills and has been teaching Pilates since 1989. In addition to teaching certification for the PhysicalMind Institute, Maria is ACE certified and received her BFA from NYU.

Bob Liekens, originally from Belgium, traveled to New York City in 1983 to explore his dance career and began studying Pilates at The Pilates Studio. He studied dance at the Graham Center and became a teacher in 1991. Romana Kryzanowska invited him to teach the Pilates Method in 1986. Bob was instrumental in building Romana's Teacher Trainer Certification Program. He co-created the Training Manual and originated the current exam system. Bob joined the Power Pilates(tm) team in September 2000 as a studio Director and is also involved in the Teacher Training Certification Program.

Suzanne Martin, MA, RPT is a physical therapist, writer and professional teacher with over 20 years in the health and movement fields. Her instruction blends art and science, integrating Pilates, fitness, dance, nutrition, and therapy. She is a Master ACE trainer, a performing arts specialist, and a frequent presenter at international conferences.

Tom McCook is a Yoga teacher and certified Pilates instructor who conducts Pilates teacher trainings for the PhysicalMind Institute. A health and fitness professional since 1984, he is also certified in Personal Fitness Training, Shiatsu, and Body Therapy. His clients include 2000 Olympic Gold Medal swimmers Jenny Thompson and Misty Hyman. Tom is director of Center of Balance in Mountain View, California.

Elise Miller is a Certified Senior Iyengar Yoga Teacher from Palo Alto, CA who has been teaching yoga throughout the United States and internationally for over 20 years. Elise has successfully used yoga to minimize the effects of her own scoliosis and sees clients privately with scoliosis and other back related problems. She has published numerous articles in Yoga Journal and other national magazines. Her joyous personality and ease of communication endear her to her students with a teaching style that is down-to-earth, precise and nurturing.

Shri Dharma Mittra is the founder and director of the Dharma Yoga Center. Dharma a legendary and humble Yoga teacher has spent most of his life in service to humanity, disseminating the ancient knowledge of how to achieve radiant health and spiritual development. Dharma has studied Yoga since 1958. In 1964 he met his teacher Shri Swami Kailashananda. Dharma started teaching in 1967 at his guru's Ashram, he left in 1975 and founded the Dharma Yoga Center (originally known as the Yoga Asana Center). He has been teaching daily in N.Y.C. since then and has always made himself available for students who need his help and direction.

Susan Moran-Perich brings a varied background of professional dance, massage therapy and Pilates training to her work. She received her Pilates certification in 1988 from Romana Kryzanowska. She has been the Director and co-owner of Power Pilates(tm) since 1995, overseeing the development of the Power Pilates(tm) Teacher Training Certification Program. Susan has taught internationally, setting up Pilates programs at some of the finest spas around the world. She brings to her Pilates work a clarity and understanding of how to teach, which is unprecedented in the fitness world.

David Moreno has taught at international conferences, universities, and retreats worldwide. He has worked privately with clients in the fashion and entertainment industries, and has trained world-class athletes, including the University of Texas' stellar swim and golf teams. David began practicing yoga in the late 70's studying the Iyengar, Ashtanga, and Anusara styles of yoga. He is currently an initiated student of Ayurvedic & Tantric Teacher Dharmanidhi Sarasvati, studying the primordial tantric roots of the yogic tradition. When not traveling, David teaches in the San Francisco Bay Area.

Kristin Howard Moses is the Director of Pilates for GoodBody's Wellness Center in Dallas, TX. She received her BFA in Dance from Southern Methodist University and continues to dance professionally. She has been featured in fitness magazines, videos and books. She has worked side by side with chiropractors teaching professional athletes, dancers, and wheelchair patients as well as teaching Pilates Instructors.

Barbara Mueller's dance background led to work as teacher-trainer at Jane Fonda's Workout in the early 80's. Since then she has taught many types of exercise classes, and is certified in both Pilates and Gyrotonic®. Her own system, SPRINGWORKS™, is the culmination of many influences and investigations.

David Nichtern is a senior teacher in the Shambhala Buddhist lineage of Chogyam Trungpa Rinpoche, Sakyong Mipham Rinpoche and Pema Chodron. David is Director of Buddhist Studies and Practice at OM Yoga Center and leads joint yoga/meditation retreats with Cyndi Lee around the world. He is a former director of Karne Choling Meditation Center in Vermont and is currently Director of Expansion for Shambhala Training International. David is also the founder of Dharma Moon records and the world fusion band Drala, widely known in the yoga community.

Jonathan Oldham, MPT earned his certification to teach the Pilates Method from the Pilates Center of Boulder in 1992. He worked for 10 years at the Pilates Center under the mentorship of Amy Alpers and Rachel Segal. Before entering the world of Pilates he was a profes-

sional figure skater. He received an MS in physical therapy in 1999. Since then he has studied with master Pilates teachers, Ron Fletcher and Pat Guyton and has been certified by Ron Fletcher as a qualified Ron Fletcher teacher.

Sebastian Plettenberg received his ballet training at the National Ballet School in Germany and subsequently worked with various ballet companies in Europe. He has studied Gyrotonic® since 1996, has been a Master Teacher since 1997 and travels worldwide training teachers. He has worked with the American Ballet Theater, NYC Ballet, Broadway, Dance Sport, and Olympic athletes. Studio Affiliation: YogaMoves-GXS, New York, NY.

Christine Romani-Ruby, MPT, ATC is a licensed physical therapist, and assistant professor in the Physical Therapy department at University of Pennsylvania, an AFAA certification specialist, an ACE faculty member, a certified athletic trainer, and a certified instructor of the Method. An international presenter, Christine is the CEO of PowerHouse Pilates, a corporation that trains and certifies fitness and rehabilitation professionals in Pilates. She is the co-author of *The Pilates Reformer Manual*, *The Pilates Mat Manual*, and the co-star of six Pilates videos.

Debra Rose has been working with the Gyrotonic® System for more than 20 years. In addition to being a Master Trainer of Gyrotonic®, she is also a Master Trainer in Gyrokinesis® and the specialized equipment work. Debra has been instrumental in assisting Juliu Horvath with the development of the instructional syllabus for the Gyrotonic® System. Ms. Rose is the Director of San Francisco Gyrotonic, and has recently added to the growing population of Gyro Babies around the globe, with her beautiful rosy-cheeked son Forrest.

Kyria Sabin, a senior teacher of the Ron Fletcher Work, licensed massage therapist and graduate of Duke University, has owned and directed Body Works Studio in Tucson, AZ since 1994. Kyria is also a Director of the Ron Fletcher Program of Study.

Debra Schubert, Physical Therapy Assistant, Pilates instructor, lecturer, and movement educator is co-founder of the Integrated Teacher Training (ITT) Program. She teaches a multi-faceted approach to fitness that draws from her somatic arts and science education, professional dance background, and Pilates training. Debra's teaching style is challenging and inspiring, supporting her students in attaining a high level of skill.

Kim Schwartz brings over thirty years of practice to his teaching. He believes that asana is a vehicle for the spiritual transformation described in yoga philosophy and teaches from that perspective.

Gabrielle Shrier, MPT is co-creator and partner of Core Conditioning, a physical therapy, Pilates and Gyrotonic facility. She holds a BS in Kinesiology and a Masters in physical therapy. She is a Pilates instructor and Gyrotonic apprentice. She has been a practitioner for 10 years and has specialized in neurologic rehabilitation and orthopedic manual therapy techniques.

Nora St. John has been teaching Pilates since 1989. Her training in Pilates began with 10 years at St. Francis Memorial Hospital's Dancemedicine division working primarily with clients with orthopedic injuries. Nora directs Turning Point Studios Pilates Instructor Training

Program Walnut Creek, CA and teaches advanced courses in using Pilates in rehabilitation. In addition to her Pilates training, Nora is a dancer, acupuncturist and massage therapist. She is also the programming director for Body Mind Spirit.

Jennifer M. Stacey, M.S., exercise physiologist, previously a dancer, gymnast, gymnastic and dance coach, is the owner of Peak Performance in San Francisco and Half Moon Bay, California. Jennifer has been fortunate to have studied with Romana Kryzanowska, Kathy Grant, Ron Fletcher, Eve Gentry and Bruce King among others. She was one of the original teacher trainers for the Pilates Institute. Jennifer loves teaching teachers and has a certification course in San Francisco and in several studios in Europe.

Jean Sullivan, Pilates and Gyrotonic® instructor, certification teacher trainer and trapeze artist, is known for her extensive knowledge of rehabilitation and movement education. She has studied with Jean-Claude West, Ann Schmitz, and Marika Molnar; integrated Pilates in her work as a physical therapy assistant; and developed Pilates-based rehabilitation programs for chiropractors. Jean was Pilates certified in 1994 with Madeline Black and later certified in Levels 1 and 2 of the Gyrotonic Expansion System®. Jean is now a founding member of ITT Pilates, the Integrated Teacher Training Program.

Laurie Tuchman holds a BA from Hampshire College in choreography and performance. She is proud to be certified with the Institute of Movement Studies, ACE, AFAA and Polestar Education Mat and Allegro. She is a Polestar International Trainer and the owner of Equilibrium Farm, two private Pilates studios where she works with elite Athletes, Pedestrians and Equestrians in South Florida.

Valentin is the Director of Group Exercise at ClubSport of Pleasanton. Her former ballet background has provided her with her signature stretch and strength program BodyLines(c). She is currently a member of Pilates Performance.

Wahl has spent a lifetime immersed in music, studying in the US, India and Africa. She accompanied the Arthur Hall Dance Ensemble to Ghana and Nigeria (1978), lived in a shaman temple in Africa (1978), composed and danced professionally for the Angela Caponigro Dance Ensemble in NYC (1983-1989), and made various trips to India (1989-1992). Her music reflects her travel and spiritual experiences from many parts of the world.

Kathleen Waters-Harper is the owner of Pilates Plus & a Master Trainer for Powerhouse Institute. She has been in the fitness industry for over 25 years and has been teaching Pilates for 17 years. She has an extensive background in kinesiology, bio-mechanics, rehab medicine, and dance. Kathleen has the ability to take any client and put together a comprehensive program designed for their specific needs. She has worked with Physical Therapists teaching post-rehab patients, children, athletes, the elderly, stroke patients, and professional sports teams. Her love and enthusiasm for her clients is reflected in all she teaches.

Mari Winsor is responsible for bringing Pilates to new levels of public recognition through her workouts with music icons, celebrities and professional athletes. She studied Pilates primarily with Romana Kryzanowska. A

long time professional dancer and teacher, she now owns and operates two studios in the Los Angeles area. For her work in Pilates she has been featured in Allure, Redbook, Elle, LA Magazine, Health and Fitness, USA Today, Fitness, Shape, In Style, Vogue, Glamour and Time and has appeared on MTV, Access Hollywood and Entertainment Tonight. Mari is the author of several books including *The Pilates Powerhouse*, *The Pilates Pregnancy*, and *The Pilates Workout Journal*. She is a member of the Pilates Guild.

Jon Zahourek For over 20 years, was a painter and sculptor who also taught anatomy to artists through drawing. Beginning 10 years of adjunct instructorship at Parsons School of Design in NYC, he created a scale model skeleton on which to demonstrate surface anatomy in clay. In its use, he was transformed. Anatomy began to make simple sense to him for the first time. He realized he was accessing the body through the "body language" of choice and temporospatial action. Realizing that this path into self awareness was important, he quit art to bring it to the world. He made the models for his own research, using them in workshops nationwide, and then forming a company to introduce the approach in many applications. Called the Zoologik™ System and Kinesiologik™, his system has been confirmed by classroom and individual success in understanding functional anatomy, from grade school to graduate school, in body work, and in the horse world. Now, his breakthrough Kinesthetic Anatomy™ is confirmed by the last ten years of revolutionary research in neuroscience and learning. Zahourek says, "The mind cannot forget what the hands have learned.™"

Yamuna Zake developed the practice of Body Logic in 1980 out of her life long practice of yoga and bodywork. Combining a deep knowledge of anatomy with a love of movement, Body Logic is a system of self massage which can be extremely effective at releasing tension patterns in the body/mind. She has presented the work internationally at massage and bodywork conferences and oversees training programs nationally and internationally. Her work has been featured in *Massage Magazine*, *Yoga Journal*, *HealthMap*, *Massage Quarterly*. Her first book *Body Rolling* was just published by Healing Arts Press.