



Centre for
Spatial Medicine

SCHOOL CATALOGUE

TEACHER TRAINING

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Mission

We endeavour to inform individuals and professional bodies of the essential role and critical function of the fascia so that they can become self-referenced and self-reliant to ultimately realise their responsibility in the outcome of their health and lives.

Goals

1. To cover the complete and original Pilates Studio and Matwork repertoire
2. To teach the original teachings of Joseph and Clara Pilates and others dedicated to their work.
3. To teach the students to 'return to life' through controllogy themselves enabling them to teach others.
4. To teach the Pilates Methodology through a neuromyofascial lens, learning and utilising the Anatomy Trains map as the students guide.
5. To teach the fundamentals of universal movement, movement principles, Pilates principles and fascial principles.
6. To make sense of the repertoire for restored mechanical auto-regulated organisation and rehabilitation.
7. To learn how influential and essential the recent 'anatomy of fascia' has become - and how important it is in securing your position as a truly authoritative and respected Pilates teacher in the world today.



Teacher Training

We offer 2 teacher training programmes: Small Group training and Apprenticeship one to one training. Both programmes are available in Houston, Zurich or the UK.

Small Group Teacher Training

600 hours over 24 to 30 months, this small group Training Programme teaches the original Method entirely from a neuromyo fascial perspective, recognised within the roots of Joseph Pilates' Contrology.

Centre for Spatial Medicine has pioneered this unique CPM Education and the employment of the new neuromyo fascial paradigm of the body. This new knowledge illuminates what Joseph Pilates was telling us all along.

Programme overview:

This programme expands on the historical teachings of Joseph and Clara Pilates and others dedicated to their work. Recognising this seminal work through the anatomy of fascia, teaches you to teach others to "return to life".

The original Pilates Methodology will be studied and learnt through a neuromyo fascial lens, learning and utilising the Anatomy Trains map as your guide. This multi-dimensional programme is an in-depth study of the nature of the neuromyo fascial body.

You'll be learning about the fundamentals of universal movement and Pilates and fascial principles, to make sense of the repertoire for restored mechanical auto-regulated organisation.

You will learn how influential and essential the recent 'anatomy of fascia' has become - and how important it is in securing your position as a truly authoritative and respected Pilates teacher in the world today.

Centre for Spatial Medicine is a registered school with the PMA (Pilates Method Alliance). On successful completion of your training you will be qualified to sit the PMA Third Party Certification.

The Learning Experience

All training hours are in a small group environment

Convenient

Training hours are scheduled fortnightly or monthly making it available for those needing to travel.

Practical

Observation and self-practice hours can be conducted with any one of the faculty teachers in the UK, Zurich or Houston.

STAGE 1: TRAINING PREPARATORY PROGRAMME

STAGE 2: TEACHER TRAINING PROGRAMME

Programme structure:

- The training hours are taught in a small group environment.
- **The Preparatory Programme is Stage 1 of the Teacher Training.** It is the foundation to the Teacher Training Programme.
- The **Preparatory Programme** (Stage 1) is 80 hours and will take 4 - 6 months.
- The **Teacher Training Programme** (Stage 2) is 120 hours and will take 24 months to complete, with time allowed thereafter for individual completion.
- Teacher Training hours (Stage 2) will be taught by 3 of our Faculty teachers giving you the richness and variety of each teacher's individual strength and experience.
- **PLEASE NOTE** that this means you will be travelling to a different location and country for 25-30 of the 120 training hours. The times and logistics for this will be arranged with you at the start of the programme. **Please note that the travel costs for this are not included in the programme fee.**
- Observation hours and your self-practice hours will be scheduled individually with you.
- Individual mentor meetings are given throughout the programme.

Programme hours:

- Total of 80 Training Preparatory hours
- Total of 120 Teacher Training hours:
 - Part 1, 0–29 hours: The Basic Reformer, The Cadillac, Spine Corrector and the basic 7. 30-40: Revision.
 - Part 2, 41-64 hours: The Chair, Ped-i-Pull, Ladder Barrel and the Matwork exercises that relate to this. 65-75: Revision.
 - Part 3, 76–109 hours: The Reformer, the Matwork that relates to the Reformer and the small apparatus. 110-120: Revision.
 - 2 structural observations will be shown during each Revision time.

Question sheets and a practical assessment will be given at the end of each section to help you reach the required level.

Videos of each exercise will be available for all the students as well as the manual.

- 6 x 1 hour mentor meetings to assess progress, to be had during the programme duration.
- A minimum of 40 hours of observation.
- A minimum of 250 hours self-practice.
- Up to 50 hours of assisted teaching (where this needed).
- 2 client case studies to be written up before completion (These 20 hours not included in the total programme hours count).
- 20 private sessions to be taken with any one of the Faculty
PLEASE NOTE that these private sessions are not included in your training fee but will be given to you at the respective teacher student rate.
- Unlimited use of the Studio facilities (during Studio opening hours)

Qualifications:

Two levels of qualification can be achieved:

- Studio Assistant Diploma - Allows you to work within the studio as an assistant under supervision. Full Graduation can follow as you gain experience
- Full Graduate – Allows you to work independently in a Pilates Method studio.

Both the above qualifications enable you to take the PMA 3rd Party Certification exam, should you choose to.

Completion of the programme does not guarantee qualification or employment.

NB: PMA points are not available for Teacher Training courses.

Costs

\$11,400 USD

Deposit: \$1,500 USD (non refundable) payable on the acceptance of your application

Leave of Absence/Extension

Students can arrange to make up any missed training sessions at their own cost. Time is allowed at the end of the training hours so students can prepare for their exams.

Admission Requirements/Candidate Pre-requisites

- Attendance of **Connecting to Fascia** (2.5 days)
- Or the attendance of Anatomy Trains in Motion workshop (3 days)
- Good knowledge and an understanding of the Anatomy Trains. <https://www.anatomytrains.com/>
- Good sound knowledge of Anatomy and Physiology
Suggested online course standard if you are needing to *revise* your anatomy: **Alison-** Diploma in Human Anatomy & Physiology – <https://alison.com/course/diploma-in-human-anatomy-and-physiology-revised-2017>
- Suggested online course standard if you are needing to *attain* the anatomy knowledge: **Gateway Workshops - ITEC level 3 diploma in Anatomy & Physiology** https://www.gatewayworkshops.co.uk/distant_learning_courses/a_natomy-and-physiology-online-course-itec-vtct/
- Sound experience within the Pilates Studio.

Applicants may be required to attend an interview prior to acceptance.

No applicant will be denied on the basis of race, national origin, colour, creed, religion, sex, age, disability, gender identity, gender expression or sexual orientation.

Candidate Pre-requisite Reading:

- *Anatomy Trains 3rd Edition* by Thomas Myers

- *Return to Life & Your Health* by Joseph Hubertus Pilates

Further Suggested Reading:

- *Fascia: The Tensional Network of the Human Body* by Leon Chaitow, Robert Schleip, Thomas Findley, Peter Huijing. (Good research-based material)
- *The Biology of Belief* by Bruce Lipton. (Very important information)
- *The Endless Web* by Louis Schultz. (More on fascia)
- *Born to Walk* by James Earl. (Interesting read on the bio-mechanics of walking)



Apprenticeship One to One Teacher Training

This One-to-One Programme is a course that's built around you. The length of programme is dependent on your availability: we expect it to take from 18 to 36 months to complete the course, depending on the time you have available to dedicate to it.

You can freeze your studies at any time if your circumstances change (subject to our terms and conditions).

Programme overview:

This fully comprehensive programme is the first Pilates Teacher Training to incorporate the teaching and unique **application** of the neuromyofascial system, experienced and recognised through the Pilates Method training. The Pilates Method is studied and learnt through a neuromyofascial lens, utilising the Anatomy Trains map.

This multi-level, multi-dimensional programme is an in-depth study of the nature of the body. It teaches the original, now somewhat historical, teachings of Joseph and Clara Pilates and others dedicated to their work. It is a fully comprehensive training, covering the complete and original Pilates Studio repertoire.

This multi-level, multi-dimensional programme is an in-depth study of the nature of the body. It teaches the original work of Joseph and Clara Pilates and others dedicated to their work. It is a fully comprehensive training, covering the complete and original Pilates Studio repertoire. Combining Joseph Pilates' seminal work with universal movement principals and the anatomy of fascia, this training teaches you how to "return to life".

- Your training is taught on a private/semi-private basis, so your hours can be chosen to suit your lifestyle (subject to studio and teacher availability).
- Should you need to, you are able to book your training hours in blocks of time rather than having to get to the Studio daily or weekly. This is very useful should you be living in another country or far away from the studio.
- You will be doing your training hours, observation and self-practice hours with any 3 of our Faculty teachers who are in Zurich, Houston and the UK (in Chippenham, Devon or Chipperfield).
- The training can take anything from 18 to 36 months to complete, depending on the time you are able to dedicate to it.
- A **Preparatory Programme** must precede the **One-to-One Apprenticeship**. This is the foundation to the training and can take anything from 3 to 9 months depending on your previous experience. Please see the full details and costs after the One-to-One Apprenticeship details.
- Should personal circumstances call for it, there is an option to freeze your training: your course hours will be put on hold for an agreed period of time (subject to terms and conditions).

Programme hours:

To achieve the CPM **One-to-One Apprenticeship Teacher Training** you will be doing 2/3 of your training sessions in your base country and 1/3 in either the USA, Zurich or the UK.

Note that 1/3 of your training hours will need to be taken at the Faculty's studios outside of your base country, either in the USA, Zurich or the UK.

This means that during the 18 to 36 months of your training you will need to make at least one trip to the USA, Europe or the UK where your schedule for training and observation hours will be made for you.

Please note that whereas the full programme fee covers all 450 training hours in your base country and abroad, it does not cover travel and accommodation costs for your time in the US, Europe or the UK.

When looking at the logistics of taking this training please consider the extra costs for this trip. The office will help to find you reasonably priced local accommodation.

Hours will be divided between your base country and Zurich, the USA or the UK as follows:

Base country:

- 60 hours of private /semi private training
- 5 one-to-one mentor meetings
- A minimum of 70 hours of observation, 240 hours self-practice and 10 hours assisted teaching (where necessary).
- Unlimited use of the Studio facilities (during Studio opening hours)
- 2 client case studies to be written up before completion

The total Programme hours to be taken in the base country: a minimum of 405 of the 450 total.

Abroad

- 30 hours of private /semi private training
- 1 x one-to-one mentor meeting
- A minimum of 30 hours of observation, 10 hours of self-practice
- Unlimited use of the Studio facilities (during Studio opening hours)

The total Programme hours to be taken abroad: a minimum of 71 of the 450 total.

End of Training Assessments:

Practical, teaching and written exams will be given at the end of your training to determine your qualification. Ongoing assessments will take place at selected times during your training in the USA.

Qualifications:

Two levels of qualification can be achieved:

- Studio Assistant Diploma - Allows you to work within the studio as an assistant under supervision. Full Graduation can follow as you gain experience
- Full Graduate – Allows you to work independently in a Pilates Method studio.

Both the above qualifications enable you to take the PMA 3rd Party Certification exam, should you choose to.

Completion of the programme does not guarantee qualification or employment.

NB: PMA points are not available for Teacher Training courses.

Cost:

\$15,800 USD

Deposit: \$1,100 USD (non refundable), payable on agreement of your application.

Payment Plan options:

3 instalments of \$4,900 USD (starting one month prior to the start date and then on the 1st day of the fourth and eighth month of your training)

Please note: Any additional studio sessions, classes or workshops that you may choose to take that are not inclusive in the course hours will be charged for at the studio teacher's discounted student rate.

Leave of Absence/Extension

Students have the option to go "on hold" once during their year. The hold status can last for up to one year from the date of the hold. All Trainee benefits will cease during this period of time. A Trainee may take advantage of this option if they are injured, have a personal emergency or are not progressing as required. If a trainee becomes pregnant, the student will have an extended hold until the student is six months post-partum.

If students have completed their training hours and are not ready to take the exam, extensions are \$1,325 for 20 training hours.

Admission Requirements/Candidate Pre-requisites

- The **Preparatory Programme** takes a minimum 3 to maximum 9 months
- A minimum of 2 years studio experience:
 - able to do the basic level on all apparatus
 - show understanding and embodiment of the Pilates principles
 - an understanding and application of movement in the body
 - independence in the studio
 - ability to self correct
 - a good sound level of physical ability with no injuries
- Attendance of **Connecting to Fascia** (2.5 days)
 - Or attendance of an Anatomy Trains in Motion workshop (3 days)
- Knowledge and an understanding of the Anatomy Trains concept and the ability to apply it to the body. <https://www.anatomytrains.com/>
- Good general anatomy knowledge, especially of muscles and bones.
- Suggested online course standard if you need to revise your anatomy: **Alison** - Diploma in Human Anatomy & Physiology – <https://alison.com/courses?q=anatomy+%26+physiology>
- Suggested online course standard if you need to attain the anatomy knowledge: **Gateway Workshops** - ITEC level 3 diploma in Anatomy & Physiology https://www.gatewayworkshops.co.uk/distant_learning_courses/anatomy-and-physiology-online-course-itec-vtct/

To be accepted onto the programme you may be asked to take a Pilates assessment.

Written assessments will also be given on both Pilates and Anatomy Trains after the **Preparatory Programme**.

Please note that these are not a pass or fail assessment but allows for us to see what level you are at.

Applicants may be required to attend an interview prior to acceptance.

No applicant will be denied on the basis of race, national origin, colour, creed, religion, sex, age, disability, gender identity, gender expression or sexual orientation.

Candidate Pre-requisite Reading:

- *Anatomy Trains 3rd Edition* by Thomas Myers
- *Return to Life & Your Health* by Joseph Pilates

[https://www.onbuy.com/gb/family-and-relationships-books/a-pilates-primer-return-to-life-through-contrology-and-your-](https://www.onbuy.com/gb/family-and-relationships-books/a-pilates-primer-return-to-life-through-contrology-and-your-health~c2971~p1641966/?condition=used&lid=1704418&exta=gshp&gclid=CjwKCAjwzYDMBRA1EiwAwCv6Jkdy0I96aHmUd8qBSPLZrZeKWrO6AMWjrdLHuusLj6AZV0EI0dksBoCRcEQAvD_BwE)

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<https://www.amazon.co.uk/Pilates-Primer-Millennium-Through-Contrology-ebook/dp/B005NBO2WI>

<http://www.waterstonesmarketplace.com/A-Pilates-Primer-Return-to-Life-Through-Contrology-and-Your-Health-Joseph-Hubertus-Pilates/book/14770723>

Further Suggested Reading:

- *Fascia: The Tensional Network of the Human Body* by Leon Chaitow, Robert Schleip, Thomas Findley, Peter Huijing. (Good research-based material)
- *The Biology of Belief* by Bruce Lipton. (Very important information)
- *The Endless Web* by Louis Schultze. (Lighter reading)
- *Born to Walk* by James Earl. (Interesting read)
- *The Reconnection* by Eric Pearl. (Interesting extra)

Apprenticeship Preparatory Programme

Programme overview

The Preparatory Programme is designed to assist you in achieving a basic to intermediate level of performance necessary in order for acceptance into the **Apprenticeship Teacher Training**. It is **apre-requisite** to the **Apprenticeship**, as you will need sufficient proficiency in performing the Contrology Pilates Method *before* entering the **Apprenticeship**, where the focus becomes learning how to teach others.

The criteria for joining the **Preparatory Programme** are as follows:

- Some sound experience within the Pilates Method with exposure to the Pilates Studio.
- Demonstration of some inner awareness and a level of body and movement embodiment.
- Injury free.
- Post partum 6 months or more.
- Passion, enthusiasm, discipline and commitment - without these you won't be going far!
- Good basic anatomical knowledge and understanding.

We highly recommend the reading of *Anatomy Trains 3rd Edition* by Thomas Myers and watching *Anatomy Trains* webinars or You Tube clips before the commencing of your **Preparatory Programme**.

How long does it take?

3 to 9 months, depending on your previous experience and knowledge in the Pilates method. This will be assessed, discussed and planned with you individually. Students should anticipate a **minimum** of 2 hours training per week with an **additional minimum** 2-3 hours practice hours per week (for a minimum of 3 months), or the equivalent time arranged in blocks if you are living far away or working full time.

The **Preparatory Programme** provides tools and experience designed to help you achieve the level of ability and knowledge in the traditional Pilates exercises necessary **for the Teacher Training**. The **Preparatory Programme** does not offer any qualifications, other than being a pre-requisite to the **Apprenticeship**.

Please note that It does not guarantee acceptance into the **Apprenticeship**. An assessment will be made by your teacher to determine when you are ready to start your full training. A written paper will be asked for so that we can see what areas you are needing most support with (please note this written paper is not a pass or fail paper).

Lesson Schedule (to be endorsed by your Faculty Teacher)

Each student is unique and needs different amounts and types of classes. Your advisor/teacher will help develop your schedule by suggesting which classes (if any) should be taken each week to reach your goals.

Your training schedule will be arranged between you and your local Faculty Teacher.

The Apprenticeship Preparatory Observation Journal

You will keep a personal journal by writing down what was confusing in your own body, any imbalances or tightness that became more apparent and how the teacher tried to correct them, what you did or did not understand and any breakthroughs. You should do this after each lesson or observation. By putting these observations into writing you will learn more about movement in your own body and will better be able to identify strengths and/or weaknesses that might help or impede your progress as you go through the programme.

Training Hours

Average of 50 hours depending on previous experience

Self-Practice

A minimum of 100 self practice hours (during standard studio hours and subject to availability). Self Practice should be done after a lesson so that you can remember and apply what you learned. This will help you understand your body, as well as the choreography, order, breath and repetitions.

Costs:

The **Preparatory Programme** is a flexible programme designed around your specific situation and location. Our payment structure provides for this flexibility by charging *separately* for the programme and studio/private sessions. This means that students only pay for the studio time they require and that you have the option of taking some or all of these preparatory hours with any of our Faculty Teachers in the UK, Zurich or Houston.

Programme fees:

A one off payment to Centre for Spatial Medicine of **\$800 USD** for the duration of the programme whether this takes you 3 or 9 months.

The above fees DO NOT COVER your actual training hours, these you will be charged for separately at the faculty teachers' private rate and class rate should you be attending classes as well.

Enrolment Procedure:

To apply, fill in the online application form. On acceptance of your application you will need to sign an agreement and pay a deposit.

End of Training Assessments:

Practical and written exams will be given at the end of your training to determine your qualification. Ongoing assessments will take place at selected times during the training.

Studio Facilities:

Pilates Treehouse Fascial Playground is located at 108 W 10th 1/2 Street. Houston, Texas

Main Studio - 30x40 feet
Small Studio - 13x15 feet

Cadillac x 1
Reformer x 2
Reformer w/tower x 3
Wunda Chair x 5
Electric Chair x 1
Spine Corrector x 4
Ladder Barrel x 1
Pedi-Pull x 1
Arm Chair x 1
Foot Corrector x 2
Toe Corrector x 1
Magic Circle x 4



Educational Services

Students are given personal folders, workbooks and a manual. There is access to a video manual. Students can also attend 20 hours of Centre for Spatial Medicine workshops during the duration of their programme.

Conduct Policy

Students are expected to be considerate towards other students, teachers and clients and to respect studio property and rules at all times.

Dismissal Policy

A student may be dismissed for

- violations of rules and regulations of the studio or school.
- Inappropriate conduct towards other students, teacher or clients.

- Behaviour harmful to the reputation of the studio or school.

Transfer of Credits

Credits cannot be transferred.

Progress Policy

6 x 1 hour mentor meetings between the advisor and the student held during the programme duration to ensure the student is making satisfactory progress. Students have a Teacher Training folder to record all the hours spent at the studio and submit the log to the advisor during each mentor meetings. Question sheets and a practical assessment will be given at the end of each training section to help you reach the required level.

Grading

To qualify as a CPM teacher the student must attain 75% on the written exam and 85% on the practical exam.

Cancellation & Refund Policy

Cancellation of the Teacher Training Programmes

- Cancellations up to 10 weeks before the start date – Full refund minus the deposit
- Cancellations between 10 and 6 weeks of the start date – 20% of the Programme fee will be charged
- Cancellations between 6 and 4 weeks of the start date – 50% of the Programme fee will be charged
- Cancellations within 4 weeks of the start date or terminating training after the start date– Deposit and full course fee will be charged.

Sexual Harassment Policy

At any point in time, faculty/teachers and students may bring related questions or concerns to the Director and/or other faculty/teachers. All teachers and staff are responsible for establishing and maintaining a work environment free from sexual harassment.

CSM is committed to providing a work and learning environment that is free from all forms of discrimination and conduct that can be considered harassing, coercive, or disruptive, including sexual harassment. Harassment based on an individual's sex, race, colour, national origin, age, religion, disability, pregnancy, sexual orientation, or any other legally protected characteristic is strictly prohibited by CSM. The company will not tolerate any instances of unlawful harassment of any kind by any teacher,

student, staff member or other person on site at educational projects, including sexually charged conversations, flirtations, or joke-telling, or behaviour that disparages, offends, or ridicules.

Definition of Harassment

Harassment based on race, colour, national origin, age, religion, disability, pregnancy, or sexual orientation occurs when comments, jokes, gestures, or written communications disparage, ridicule, threaten, or otherwise offend based on these classifications.

Sexual harassment is defined as unwanted sexual advances, requests for sexual favours, or visual, verbal, or physical conduct of a sexual nature. This definition includes many forms of offensive behaviour and includes gender-based harassment of a person of the same sex as the harasser.

Unwelcome sexual advances (either verbal or physical), requests for sexual favours, and other verbal or physical conduct of a sexual nature constitute sexual harassment when:

- 1) Submission to such conduct is made either explicitly or implicitly a term or condition of staffing
- 2) submission or rejection of the conduct is used as a basis for making staffing decisions
- 3) the conduct has the purpose or effect of interfering with work performance or creating an intimidating, hostile, or offensive work environment.

Harassment Complaint Procedure

CSM prohibits all forms of harassment and seeks to resolve such allegations within its formal and informal complaint process (described below). If you experience or witness unlawful harassment in the workplace / classroom, report the incident immediately to the Director, Senior faculty member, Educational Director. Allegations will be quickly and discreetly investigated. To the extent possible, your confidentiality and that of any witnesses and the alleged harasser will be protected against unnecessary disclosure. Communications will be made to others only on a limited 'need to know' basis.

You can raise concerns and make reports without fear of reprisal or retaliation. CSM | CPM prohibits any form of discipline or retaliation for reporting, in good faith, incidents of harassment in violation of this policy, pursuing any such claim, or cooperating in the investigation of such claim.

CSM will respond quickly to investigate claims of harassment and will take appropriate and prompt measures to discipline offenders in order to prevent such behaviour in the future. These measures may include, but are not limited to: training, counselling, warning, suspension, or immediate dismissal. Anyone, regardless of position or title, found through

investigation to have violated this policy will be subject to immediate disciplinary action up to and including discharge. Non-teaching personnel violators of this policy (i.e. students or sub-contracted personnel) will be subject to expulsion from the company's facilities when harassment occurs on its premises (owned or leased).

Furthermore, violators of this policy may be reported to the appropriate authority for civil or criminal action. If the investigation is inconclusive, CSM may still provide counselling, training, or take other appropriate steps.

CSM will inform the complainant of the results of the investigation and the steps taken to remedy the situation after a thorough investigation has been completed.

Student Grievance Procedure

A student with a complaint should take the following actions.

It is the responsibility of the student to contact the person whom they have a grievance with to resolve the problem informally.

If this does not resolve the situation you should notify the programme director Joyce Ulrich by email outlining the complaint. If the matter is still not resolved you should contact the office info@centreforspatialmedicine.com who will forward your complaint to the Company Director Karin Locher.

Access to Student Files

Student files are kept in an electronic form only. You can apply for access via email to info@centreforspatialmedicine.com

Teacher Biographies.

Joyce Ulrich, Teacher Training Course Director

Joyce was first introduced to Pilates at Houston Ballet where she danced professionally for 10 years. She began her study of the Pilates method in 1998 and completed her Pilates Method Alliance Certification as well as the Pilates Center of Boulder's Masters Program. In constant search for more depth and greater possibility, Joyce is also a Yamuna Body Rolling practitioner and Rossiter Coach. Joyce successfully completed the Centre for Spatial Medicine's first Bridging course held in the US and has continued on to join the international Faculty Team of Centre for Spatial Medicine. Pilates Treehouse Fascial Playground is the Centre for Spatial Medicine USA offering Spatial Medicine education and professional development courses and workshops.



Pilates Treehouse Fascial PlayGround, 108 W 10th 1/2 Street, Houston, Texas
<https://www.pilatestreehouse.com/information>

Joachim Schultz

Joachim is a faculty teacher for Centre for Spatial Medicine/ CPM education©, an Anatomy Trains structural integrator and a member of the Psych-K© family. All of which allow me to explore my own ways within our common denominators. It's such an amazing playground to find oneself in. Every session, every practice hour, every lesson I teach is a journey of joined discovery. I feel grateful for this. My body and my attitude to its signals and wisdom keeps changing with everything new I discover, and so do my clients and students.



REaEASE, Albisriederstrasse 361,8047 Zürich, Switzerland
www./real-ease.ch/wp/en/homepage/

Fiona McIntosh

In 2010 Fiona became a full-time Pilates teacher working from Karin Locher's first studio in the UK. She continued her education and knowledge of the fascial communication system attending courses on integrated fascial release, Fascial Stretch Therapy, Anatomy Trains, Somatic Experiencing and Continuum. Fiona is PMA certified and a Senior Faculty Teacher for Centre for Spatial Medicine in the UK where she is the director of two studios. She teaches neuromyofascial movement in relation to either modality of Pilates or Yoga. Fiona is also a teacher of mediation.

The Santosha Studio, 40 Foghamshire, Chippenham SN15 1HB, UK
<http://www.santoshastudio.co.uk/>



Jane Elizabeth Williams

Jane-Elizabeth was a professional dancer who trained and performed with The Ballet Rambert Company where she was introduced to Pilates, following a serious injury.

She subsequently qualified in sports nutrition, sports massage and remedial therapy. She has a Football Association Certificate in the treatment and management of injury. Jane is also certified in Rehabilitation and Mat work with Polestar Pilates UK., specialising in Pilates rehabilitation in her own clinic, Body Aware Studio.

Jane-Elizabeth is a PMA certified Pilates Teacher (Pilates Method Alliance) and has also been an international Polestar educator. She is now a member of CPMs teaching faculty.

Body Aware Pilates Studio, 155 High St, Ilfracombe EX34 9EZ, UK
<http://bodyawarepilates.co.uk/>

