

Faculty Bios

Kelli Altounian is the co-founder of Pilates Sports Center and co-director of the PSC Pilates Training Program in Los Angeles, California. In 2000, Kelli and Andromeda Trumbull combined their efforts with the aim of updating the approach of Pilates-based movement utilizing therapeutic influence. They have since created the internationally recognized PSC Teacher Training Program.

Jason Bazilian, DAOM, is a doctor of acupuncture and Oriental medicine and completed his master's degree at the Pacific College of Oriental Medicine. He works with athletes, women and men, and children in treating a broad spectrum of conditions at Bazilian's Health Clinic in San Diego, California, and has been associated with the Golden Door Spa for more than 9 years.

Wendy Bazilian, DrPH, MA, RD, is a writer, researcher and educator. With a doctorate degree in public health, Wendy is also certified by ACSM as a health and fitness specialist. She is the nutrition advisor at the renowned Golden Door Spa in Escondido, California, and is a frequent contributor to ABC's *Good Morning America Health*, and has appeared on *The Today Show* and *Live With Regis and Kelly*.

Lawrence Biscontini, MA, is a world-renowned presenter, trainer, author, mindful movement specialist and spa consultant. Lawrence is the creator of Yo-Chi®. His most recent books include *Running the Show* and *Cream Rises*. In addition, Lawrence is the recipient of the 2010 Inner IDEA Inspiration Award, the 2009 ECA Presenter's Choice Premier Debut Award and Instructor of the Year awards from IDEA (2004) and ACE (2002).

Marie-José Blom is the founder and director of Long Beach Dance Conditioning in Long Beach and Angel City Body Kinetics in Marina Del Rey, California. She has more than 20 years experience as a master teacher trainer, specializing in deep core strengthening, pelvic work, and work for the spine. Marie-José is known for her work in conditioning techniques for dance and dance injuries.

Diane Buchta is the owner of Tri Fitness, a personal training and consulting company in Del Mar, California. A fitness expert and ACE-certified personal trainer with over three decades of experience in the fitness industry, she has taught strength training courses at the University of California San Diego and was the strength coach for the U.S. triathlon team. Diane is the author of *Strength Training for Triathletes*.

Leeann Carey opened the first full-service yoga studio in her Southern California community almost 20 years ago where she developed important skills for operating a successful yoga business. She has used her knowledge and experience to help professional athletes, such as the world champion Los Angeles Lakers and Olympic gold medal volleyball player Eric Fonoimoana, heal from injuries and improve their workouts.

Kathy Corey is the owner and director of Kathy Corey Pilates. She has been a Pilates teacher and an active member and leader in the Pilates community for almost 30 years. Kathy serves on the advisory boards for Inner IDEA® and *Pilates Style Magazine*.

Susan B. Dopart, MS, RD, is a nutrition and fitness consultant in private practice in Santa Monica, California. She specializes in medical nutrition-related issues and is dedicated to helping her clients find lifestyle solutions for optimal health and well-being. Susan holds a bachelor's degree in nutrition and clinical dietetics and a master's degree in exercise physiology and sports medicine. Susan is also the author of *A Recipe for Life by the Doctor's Dietitian*.

Lauren Eirk is a mastery level Resistance Training Specialist®, and a mastery level Muscle Activation Techniques®-certified specialist. She is the group fitness director for the Louisville Athletic Clubs in Kentucky and is a member of both the RTS® and MAT® teaching faculties. Lauren is a certified yoga instructor and the creator of the internationally recognized yoga education program, Yoga I.S® (Yoga Integrated Science).

Carrie Ekins, MA, is the co-founder of Global Wellness and Infinite Motion, two fitness and wellness consulting companies in Germany. She has a master's degree in physical education and dance, and is a doctoral candidate at the University of Chemnitz in Germany. Carrie is the creator of Drums Alive® fitness and wellness program and shares her passion for fitness and education by presenting her programs worldwide.

Marshall Eklund, MA, owns a successful personal training and Pilates studio in San Diego, California, and has been training clients since 1986. With a passion for physical movement and activity, Marshall has instructed the gamut of exercise trends and modalities. Inspired by the amazing healing properties of Pilates, Marshall has been at the forefront of integrating Pilates training into traditional personal training.

Shannon Fable, top-3 finalist for the 2009 IDEA Instructor of the Year and 2006 ACE Group Fitness Instructor of the Year, is the founder and CEO of Sunshine Fitness Resources, as well as the owner of Balletone®. Shannon is a PowerBar®-sponsored athlete and an international presenter for several well-known companies, including Schwinn® Fitness, BOSU®, Power Systems® and ACE®.

Ray Gin, DC, is the director of Body Wisdom Center for Healing, a holistic, integrative health center in Laguna Hills, California. He specializes in functional medicine, kinesiology and mind-body approaches, as well as helping those that suffer from autoimmune illness and complex, chronic health issues. Ray is the president of PEP Talk International, a nonprofit health education organization that teaches cost-saving self-care techniques.

Eden Goldman, DC, is a wellness-based chiropractor, certified yoga therapist, physical rehabilitation specialist and owner of The Yoga Doctors Mandiram in West Los Angeles, California. A yoga instructor for almost a decade, Eden was raised in the kriya yoga tradition of Paramahansa Yogananda and studied white and red tantra with a direct disciple of Yogi BhaJan. He has also studied yoganic arts with Master Duncan Wong and kaballistic shamanism with prominent Jamaican shaman, Chet Alexander.

Michele Hébert is a master yoga and meditation teacher in the Walt Baptist Method, natural nutritionist and author. She was one of the first to promote the integration of mind, body and spirit within the fitness industry. Formerly, a media representative for ACE, Michele is the author of several *IDEA Fitness Journal* articles on yoga, breathing, meditation and mind-body fitness.

Jillian Hessel is a retired ballet dancer. In 1988 she founded her own training practice, and since then has tutored countless students in the finer nuances of Pilates exercise. She has developed and constantly honed her own unique approach to teaching Pilates, which she calls the B.E.A.M. Technique™.

Sue Hitzmann, MS, is the founder of Longevity Fitness Inc., and creator of the MELT Method®. She is a nationally recognized educator and practitioner of Hands-off Bodywork™ and a leading authority on neurofascial science and treatment techniques. Her decades of teaching fitness, extensive study and research, and practice as a manual therapist have culminated in a new approach to improving efficiency and living a pain-free life.

Steven Hoskinson, MA, MAT, is the owner of Hoskinson Consulting in Encinitas, California, where he consults and trains professionals. He is a senior international instructor for the Somatic Experiencing® Trauma Institute™, having direct mentorship with Peter Levine, PhD. Steven holds masters degrees in psychology and theology, and is trained in mind-body traditions and aikido.

Joan Hyman is a Los Angeles-based YogaWorks® teacher with 20 years experience as a fitness professional, dancer and yoga teacher. She has twice studied in Mysore, India with Sri K. Pattibhi Jois and his grandson Sharath, and has traveled throughout India and other parts of Southeast Asia.

Rael Isacowitz, MA, is recognized internationally as an expert in the Pilates field. He is the founder of Body Arts and Science International (BASi) and has taught extensively on five continents, sharing his rich background in movement science, dance, athletics, yoga, and of course, Pilates. He recently released a DVD series as well as a series of Pilates apparatus manuals called *Movement Analysis Workbooks*.

Kathy Kaehler, author, entrepreneur, ACE-certified celebrity trainer, spokesperson and mom, has devoted her life to helping people live happy, productive and healthy lives. She is the creator of Sunday Set-Up™ and for 13 years, she appeared on *The Today Show* as the fitness correspondent while training such celebrities as Julia Roberts, Michelle Pfeiffer, Cindy Crawford, Jennifer Aniston, Claudia Schiffer and Kim Basinger.

Jason Karp, PhD, is the owner of RunCoachJason.com, a state-of-the-science running coaching and personal training company. He is the founder and host of the VO2max Distance Running Clinic, Dr. Karp's Run-Fit Boot Camp, and Running Clinics. He is also a prolific writer, with over 100 articles published in numerous international coaching, running and fitness trade and consumer magazines.

Michael King is the founding director of the Pilates Institute in London and his Pilates programs are taught in over 26 countries worldwide. He has been working with the Pilates technique for over 30 years, ever since he was introduced to it as prevention training when he was a professional dancer. He has taught at the Voight Center as well as many other Pilates studios in Los Angeles.

Kim Kraushar is the proud owner of one of the first STOTT PILATES®-licensed training centers in Canada and has trained hundreds of health and fitness professionals throughout the Atlantic region. She is a STOTT PILATES-certified instructor trainer, Yamuna® Body Rolling-certified instructor trainer, and certified Franklin Method® instructor.

Faculty Bios

Stacey Lei Krauss is a reiki practitioner specializing in barefoot training and lifestyle integration techniques. She is most well-known for her fusion program willPower & grace®, which reached international status in 2009. A Nike elite instructor with 10 years of dance training, Stacey Lei has over 20 years experience in the fitness industry.

Stacy McCarthy is a well-respected yoga presenter and has devoted more than 15 years to instructing the ashtanga vinyasa yoga system. Stacy has taught and managed group fitness classes, and has been a general manager and chief operating officer for a successful chain of health clubs. She holds a bachelor's degree in exercise science and was grandfathered into the Yoga Alliance as a certified yoga teacher at the highest level.

Jill Miller is a yoga/fitness therapy expert whose groundbreaking Yoga Tune Up® format inspires students to live better in their bodies. Her trainings and Yoga Tune Up teachers team span the globe. Jill's popular Integrated Embodied Anatomy for Yoga Teachers curriculum has been adopted by multiple teacher training programs.

Karen Mullen, MS, is a GYROTONIC®-authorized master trainer, specialized equipment master trainer and GYROKINESIS® master trainer. She is the owner of the GYROTONIC® Movement Center of Seattle, a teacher training facility, and has published and presented both nationally and internationally in the field of movement science.

Cathleen Murakami is the director of SynergySystems Fitness Studio in Encinitas, California. She is the author of *Morning Pilates Workouts* and is featured in seven instructional DVDs. Cathleen is also GYROTONIC® and GYROKINESIS®-certified and has completed yoga training with the Tim Miller Ashtanga Yoga Center in Encinitas and Erich Schiffman of Sacred Movement in Los Angeles.

Lyndsay Murray-Kashoid, MA, has worked as a mind-body personal trainer and group fitness instructor in the United States and abroad. Her exploration of different movement systems and healing arts has led her to apprenticeships and trainings with some of our country's most influential and respected professionals. Lyndsay is a continuing education provider for ACE, AEA and AFAA, and has presented at fitness conventions across the country.

Mehrad Nazari, PhD, is a senior teacher of raja yoga and has been teaching for 15 years. He is a continuing education specialist in yoga for the American Council on Exercise (ACE) and an international presenter. He presents at Rancho La Puerta and Esalen Institute. Mehrad was trained by Walt Baptiste, was initiated by Swami Veda Bharati, and was a professor of business negotiation for 10 years at the United States International University.

PJ O'Clair is a STOTT PILATES® master instructor trainer and has been a leader and consultant in the fitness industry for more than 25 years. She is featured in numerous fitness videos, including over 25 titles with STOTT PILATES. PJ received the prestigious IDEA Program Director of the Year Award in 2008 and was a finalist in 2007. She is a sought-after speaker and consultant at fitness conferences and spas worldwide.

Phyllis Pilgrim is the education director of the Body-Mind-Spirit and Specialty Week programs at the Rancho La Puerta Fitness Resort. She teaches yoga, meditation, labyrinth and meditation walks.

Erika Quest is the owner of Studio Q Pilates Conditioning in Laguna Beach, California and is a Body Arts and Science International-certified instructor. As a former advertising executive, Erika found Pilates in 2001 due to a painful back injury from running. She now shares her passion for Pilates with her loyal clients. Erika is contracted with BOSU® to design their course material for BOSU Studio Pilates.

Debbie Rosas is the co-creator of the Nia® Technique, an international mind-body-spirit fitness and lifestyle program taught in 37 countries. Debbie has produced several DVD workouts and meditation tapes, over 50 instructional DVDs, and has co-authored two books. She and the Nia program have been featured in more than 700 publications and numerous television shows.

David-Dorian Ross is the owner of Full Circle Fitness and T'ai Chi Academy as well as founder of the T'ai Chi Network. David-Dorian is a faculty member of the American Aerobic Association International (AAAI). He is America's tai chi champion, winning seven U.S. gold medals, two World bronze medals and a World silver medal, the highest ever awarded to a non-Asian for tai chi.

Lolita San Miguel started her Pilates training in 1958 with Carola Trier and was certified by her. Later she became an apprentice to Joseph H. Pilates, from whom she received her second certification. She is one of only two persons in the world Mr. Pilates certified. She is also certified by Polestar® Pilates Education and the Pilates Method Alliance® (PMA), which named her an "elder" along with four other master teachers.

Shannon Paige Schneider is a Zobha® Circle of Grace charter member, founder of Bhava Vinyasa, founder of Anjali Restorative Yoga, and senior mentor and teacher of prana flow vinyasa yoga.

Bonnie Sessions grew up in the heart of the fitness industry as her father owned and operated a chain of athletic clubs. She is a member of the elite team of faculty teaching the BASI approach to Pilates. She also leads the Pilates program at the Equilibrium Balance Performance Physical Therapy Center in Ventura, California.

Norma Shechtman, MEd, MA, has been in the fitness field for over 30 years and has written numerous books and articles, and scripted/directed several videos. She was named the 2003 ACE Group Fitness Instructor of the Year.

Kimberly Spreen is the national director of group fitness and education for Life Time Fitness, a premier "healthy way of life" company that operates over 80 centers across the United States. She is a member of the IDEA program director committee, one of Exercise TV's star trainers, and travels the world as a presenter, educator and motivational speaker.

Mark Stone is on the teaching faculty for the C.H.E.K Institute. He lectured as an instructor with the Nike Personal Training Education Program, and is currently the co-owner of North Shore Smart Bodies. An active participant in the acrobatic yoga community in the Chicago area, Mark has been a contributing guest speaker for meditation and energy healing retreats in Sedona, Arizona and Chicago, Illinois.

Zoey Trap, MSc, co-owns the InnerSpace club in Avon, Connecticut. She was introduced to Pilates and yoga during her years as a dancer and was a major force in bringing Pilates and yoga to the fitness scene in Europe more than 15 years ago. Zoey recently completed an intensive course of study with Pilates elder Mary Bowen.

Andromeda Trumbull, DC, is the co-founder of Pilates Sports Center in Los Angeles, California. Andromeda also co-directs the PSC Pilates Training Program, which aims to provide the highest standard of excellence in Pilates education. She was inspired to become a doctor of chiropractic medicine by her own spinal condition. Her practice specializes in the proper rehabilitation of the lower back.

Derrick Wilburn, MBA, is co-pioneering the nation's first mobile fitness training licensing system and has co-authored a series of books that present a detailed path for fitness professionals to make the transition from club trainer to successful business entrepreneur. He is the founder of Wholly Fit and the Colorado Dance Machine, and is a partner in Achieve Fitness USA and Fundamental Fitness Products.

Alisa Wyatt is a Pilates Method Alliance® Gold-certified instructor and was trained by Romana Kryzanowska. Alisa currently studies with Jay Grimes, one of the last remaining teachers who worked for Mr. Pilates. A featured expert for *Pilates Style Magazine*, Alisa is the creator of the DVDs, *Pilates for Men*, and the classical mat series, *Beginner*, *Intermediate*, and *Advanced Pilates Workout*.

Colleen Saidman Yee is the co-owner of Yoga Shanti in Sag Harbor, New York. She is featured in Gaiam's online yoga club and is the co-executive director of Donna Karan's Urban Zen Integrative Therapy Program, a 500-hour program that trains therapists to work with patients in hospitals and other settings using five integrative modalities: yoga therapy, aromatherapy, reiki, contemplative end-of-life care, and nutrition.

Rodney Yee co-founded Piedmont Yoga Studio in Oakland, California and has created dozens of DVDs with Gaiam®. The author of *Yoga: The Poetry of the Body* and *Moving Toward Balance* (both with Nina Zolotow), Rodney helped create and is featured in Gaiam's online yoga club. He is the co-executive director of Donna Karan's Urban Zen Integrative Therapy Program, a 500-hour program that trains therapists to work with patients in hospitals and other settings.

Chris Zagelow has been involved in the fitness industry for over 30 years. She was in the first group of IDEA Foundation Certified Professionals, now ACE, and was once the IDEA representative for Washington State. Chris was part of the aerobic movement that went from church and house basements to grand health clubs, and was also a pioneer in Somatic Experiencing® research.