

# **Top Training Team here in Takapuna!**

The team at Pilates Unlimited Takapuna Beach are passionate about continuing their learning and experiencing the original work of Joseph Pilates through the ongoing teaching of some of the world's best instructors.

Over the years, the studio has been proud to host an array of top teachers from key studios worldwide. 2014 has been no exception - in February, Cynthia Shipley visited from New York's flagship studio and taught lessons and workshops for Romana's Pilates teachers from all over New Zealand. Last month, the guest of honour was Lori Coleman-Brown, a talented physiotherapist and Pilates teacher-trainer from Seattle.



*Carole Fraser, Lori Coleman-Brown & Sina Williams.*

Lori began her career as a professional dancer in New York. After sustaining a knee injury, Lori began taking lessons with Pilates master Romana Kryzanowska in the early 1980s. Lori was trained and mentored by Romana and in 1999 was deeply honoured to be personally asked by Romana to share her knowledge as a teacher trainer.

Over ten years ago, studio owner Carole Fraser and teacher Sina Brown (now based in Gisborne) travelled to Seattle to complete their training under Lori's instruction and they were both certified by Romana. It was a great privilege to be able to bring Lori to New Zealand to share with the rest of the team - as well as introducing her to our beautiful beach city!

Lori taught private lessons, teachers' workshops, and a fabulous client mat class incorporating archival footage of Joseph Pilates teaching in the 1930s-1950s. "Joe Pilates wanted us to move with the ease and flexibility of wild animals, and Lori taught some of his animal-like warm-up exercises," says owner Carole Fraser. "It's great for all our clients to see how energetic the work can be and how it transforms the body."

Another key focus during Lori's visit was breathing. The New Zealand Romana's Pilates teachers attended a workshop covering Joseph Pilates's writing on the importance of correct breathing and exercises to improve the breath. Lori also shared insights on the anatomy of the breath.

At Pilates Unlimited there are six instructors with a wealth of training and experience we work with our clients by providing an appropriate workout for all ages and fitness levels as well as those with rehabilitating injuries or physical conditions. Regular practice of Authentic Pilates will reshape the body and rejuvenate your mind says Training Manager Ray Medemblik.

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*Refer to the website or contact the studio to find out more. Located at 18 Northcrot Street, Takapuna Beach just along from The Department Store.  
[www.pilatesunlimited.co.nz](http://www.pilatesunlimited.co.nz)*

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takapuna beach



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