

Harriette Blackman, Carole Fraser, Eric Sacucci Carlovich,
Elisabeth Kumar, Ray Medemblik and Vanessa Barrell.



Pilates Unlimited Represents New Zealand at the Worldwide Pilates Conference USA

Pilates Unlimited has been operating for over 16 years with a Team of 9 instructors & 1 Apprentice.

The studio is the Training Centre for Romana's Pilates here in



Carole Fraser - Level 3

NZ. Romana Kryzanowska was the world-renowned protégé of Joseph Pilates and she visited NZ in 2003.

Owner Carole Fraser completed her training and final certification with Romana in Seattle in 2003.

At the Worldwide Romana's Pilates Conference Carole was recognised for her contribution to Romana's Pilates here in NZ and the training focus that the studio represents. Carole was awarded Level 3 status.

Last month 6 members of the Pilates Unlimited team - Carole Fraser, Lizzie Kumar, Ray Medemblik, Harriette Blackman, Eric Carlovich and Vanessa Barrell - all headed to LA for a 4-day conference.

It was a great experience and very inspirational to have lessons and attend workshops

with master teachers from around the world. The Conference was four days of working out, workshops and networking, leaving the whole team strengthened and stretched.

At the end of the conference many of the master teachers wanted the Kiwi t-shirts - pictured left are Lizzie and Ray after giving a shirt to Daria, Romana's granddaughter and Principal Officer of Romana's Pilates worldwide.

There is fantastic camaraderie amongst the instructors and especially the team at Pilates Unlimited - we have all come back really motivated and all of the client teaching is taken to an extra level after additional learning from the Conference. At the studio we have ongoing training through out the year where international teacher trainers visit NZ - this ensures we are teaching the best Authentic Pilates as developed by Joseph Pilates.



Ray Medemblik and Lizzie Kumar with Daria Pace, Romana's granddaughter.



Juanita Lopez, Carole Fraser, Cynthia Lochard and Dina Matty.

Part of the Conference on the final night was the Gala Dinner which was a lot of fun as seen in the main photo.

Additional photo features Carole between Level 1 Master Teacher Trainers Juanita Lopez (Chicago) and Cynthia Lochard (Sydney), and Dina Matty (Gold Coast). Dina and Carole both started their training together in Sydney in 2000 and have remained friends. Dina has visited NZ and taught workshops & seminars to the NZ Romana's Pilates group in NZ.

PILATES UNLIMITED

takapuna beach

AUTHENTIC STUDIO FOR MEN & WOMEN

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Applications are now open for the 2017 Romana's Pilates Independent Certification Programme which is recognised internationally. For further information contact Carole Fraser 486 1018 or email info@pilatesunlimited.co.nz