



Carole Fraser, Tamika Walker and Cynthia Shipley at True Pilates New York.



Pilates Unlimited Takapuna Beach team.



Ray Medemblik, Eric Sacucci Carlovich.

Have you thought about becoming a Pilates Instructor?

If you are interested in mind, body and wellbeing, read on...

My name is Carole Fraser and my Pilates journey started in 2000 as a client at Pilates Unlimited Takapuna Beach. I soon found this method of exercise was quite different to anything else I had ever done and, at 41, I had done many types of exercise!

I found myself wanting to do more and more and I felt so good after each session. In 2001 I decided I would like to train to be a Pilates Instructor. The application process for the Romana's Pilates International Certification is quite rigorous – I worked hard to achieve all elements required and was accepted into the programme.

Many people don't realise that there was a man named Joseph Pilates who developed the Pilates method of exercise and all its apparatus, which we still use today. During his lifetime the method was called Contrology – the Art of Control.

I was lucky to learn the method from teacher trainer Cynthia Lochard, who was a dancer with the New York City Ballet and Bangarra Dance Theatre and trained extensively with Joseph Pilates' protégé Romana Kryzanowska in New York. I travelled to Sydney to attend the intensive seminars and do 200 observation hours, as well as 200 hours in the Pilates Unlimited studio. To complete my training I then spent six weeks in Seattle at the training centre and apprenticed with some of the world's best Pilates instructors, including Romana. In 2003, Romana came to Pilates Unlimited and tested my ability to teach and understand the work as Joe Pilates had developed it. I was the fourth person in New Zealand to become certified in this rigorous method of Authentic Pilates.

To fast-forward, I had the opportunity to buy the studio in 2007. In 2008 I was given the approval by Romana and Cynthia Lochard to train apprentices in New Zealand.

Since 2009, Pilates Unlimited has not only been teaching clients (over 200 clients come to the studio 2-3 times per week), but we have also had 20 people go through this intensive programme here.

One of the great things about this training is that it is internationally recognised so you can teach Authentic Pilates all over the world. Therefore if you wish to travel and teach, there is that option within the Romana's Pilates Community.

In July, myself and Tamika Walker from Sydney were recognised for our input into the training programme in New Zealand and Australia and we were given the approvals to teach seminars to the next intake of apprentices. To complete this, we both travelled to New York last month to work with Cynthia Shipley, a high-level teacher trainer who trained with Romana and also works closely with Romana's daughter Sari who was trained by Joseph Pilates.

It was a great experience, very inspirational and we are both excited to share the work and grow the true understanding of what Joseph Pilates developed.

The team of instructors at Pilates Unlimited have all completed the same demanding training programme, bringing their backgrounds in everything from advertising, massage, physiotherapy, tertiary education, personal training, athletics, business owners, and politics to their current careers in Pilates.

So Romana's Pilates comes with quite a legacy and there is a huge amount involved with training and hence teaching Pilates done the proper way – it's the real deal!

If you have an interest in exercise and you want to make a difference for people and their wellbeing this could be a good career for you.

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Authentic Studio and Training Centre
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