



## Colleen

- Certified Pilates Practitioner, Polestar USA
- Registered Nurse (New Zealand)

I began my Pilates journey as a client in 2016 after aggravating a long term back injury. I am an avid sports player and fan having competed at many different sports and am aware of the strains and wear and tear that sports can have on the body. As I age, I have found Pilates to be particularly beneficial in maintaining and improving my mobility.

The opportunity to practice as an Apprentice Pilates Instructor arises in 2016 in which I have signed up for Polestar Pilates Comprehensive course.

I qualified as a Polestar Certified Instructor in January 2018. This training complements my qualification as a NZ Registered Nurse.

My particular interest is in Pilates for sports, pre and post-natal, and at the other end of the age spectrum, the aging population.