



Colleen

- **Certified Pilates Practitioner, Polestar USA**
- **Registered Nurse (New Zealand)**
- **Pre and Post Natal Pilates Specialist, The Centre For Women's Fitness (USA) certified.**
- **Core Align Level 1**
- **Pilates Adaptations for Scoliosis Supporting the Teaching of Schroth Method certified by Schroth NYC and Stolze Therapies USA.**

I began my Pilates journey as a client in 2016 after aggravating a long term back injury. The suggestion to train as an instructor, along with the opportunity to practice as an apprentice at bAlign studio came soon after. I qualified as a Polestar Certified Instructor in January 2018, which complements my qualification as an NZ Registered Nurse. As I am an avid sports player and fan, having competed at many different sports, I 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 posture and mobility.

My particular interests are: Pilates for sports, scoliosis, pre and post-natal, and at the other end of the age spectrum, the aging population.