



## Jaclyn

- **Studio Director**
- **Senior Certified Pilates Practitioner**
- **Faculty member of The Centre For Women's Fitness, USA**
- **Polestar Pilates Certified**
  - **Comprehensive Studio Certified**
  - **Reformer Certified**
  - **Mat trained**
- **The Centre for Women's Fitness (USA) certified**
  - **Pre and Post Natal Pilates Specialist**
  - **Diastasis Recovery**
- **Oov Level 1: Fundamental**
- **Core Align Level 1**
- **Scoliosis and Asymmetry Management – Level 1 Essentials Certified by Pilates Therapeutics Advanced Qualifications Specialised Programs USA.**
- **Pilates Adaptations for Scoliosis Supporting the Teaching of Schroth Method certified by Schroth NYC and Stolze Therapies USA.**

I was introduced to Pilates after sustaining a back and arm injury. I used Pilates to strengthen my body and months later, I noticed that my back pain disappeared and my arm has attained a better range of motion. My posture also improves and I feel more aware of my movement and muscles.

Having experienced the benefits of Pilates, I have decided to turn my passion into a career. I have completed my certification with Polestar Pilates (USA) and now a certified Pilates Instructor in both Reformer and Comprehensive Studio series.

Moving on, I have also noticed how Pilates exercises have benefited my pre and post-natal clients. Inspired by these special population of clients, I completed the Pre & Post Natal Pilates Specialist Certification and began working extensively with the pre and post-natal population. Thus, beginning my journey to understand the bodies of this special population deeper and assisting them in their journey to life's greatest miracle.

Over the years, my work has brought me to another special group of clients. Scoliosis. Leading me to discover the immense value of Pilates as an exercise in managing scoliosis. In my commitment to provide only the best quality of service, I have since worked in developing my knowledge under experienced Scoliosis Educators (USA) that are member of the Scoliosis Research Society (SRS) and Scoliosis Orthopaedic and Rehabilitation Treatment (SOSORT).

As a Pilates Instructor, I have worked with many clients with various goals and needs. I find the most rewarding part is watching the clients embracing the movements in their body, making them stronger and improving their postures. I have only one requirement from my clients. LAUGH. As Pilates sessions should be enjoyed.