



## Jo-Anne Chan

- **Certified Pilates Practitioner, Polestar USA**
- **Polestar Mentor In Training**
- **Core Align Level 1**
- **Pilates Adaptations for Scoliosis Supporting the Teaching of Schroth Method certified by Schroth NYC and Stolze Therapies USA.**

Having had to deal with chronic lower back and shoulder pain, no thanks to years of poor posture and long hours of office working while I chased my dreams in the corporate world, I turned to Pilates in 2009 to help improve my condition. The results were amazing. Apart from helping with the back and shoulder pain, I started to gain better core strength, improved mobility and an overall better body posture.

When my career took an unexpected turn a few years ago, the opportunity presented itself for me to indulge further into Pilates. I began pursuing my teacher training certification, and eventually completed my Polestar Pilates Teacher Training certification in 2017.

Through my teaching apprenticeship and now as a certified instructor, I have found that I enjoy working with clients who are looking to improve their mobility and strength. I have a soft spot for office workers who may have the same problems I once faced, and I find great satisfaction in helping them overcome their issues with lower back pain, shoulder and neck strains and building their core strength. Being an active person myself, I also enjoy working with individuals who play sports and who may be looking to take their game a notch higher or work towards building a stronger body awareness to minimise injuries through Pilates.