

trainers in Italy. [Scuolapilates](#) [Eldoarevolution](#) Continues studying with Dr. Guy Voyer and training instructors worldwide. Father was world-famous entrepreneur; chose different path to "help people feel and be better." Never advertised studio in 20 years - built entirely on results and reputation. [Eldoarevolution](#)

Unique Approach: "Changing the world one SPINE at a time" (Tara Bianca quote). Founder of **#eldoarevolution** movement to build worldwide ELDOA community respecting Guy Voyer's education paradigm. [Eldoarevolution](#) "Tsunami-style" teaching with passion, empathy, and overwhelming energy. Explains ELDOA to common people in accessible terms. Creates "safe, warm, professional spaces" for learning. Trademark: "my face, my red lipstick, my totally IMPERFECT body"

Teaching Philosophy - ELDOA Explained:

- **For General Public:** "System of exercises on mat, no equipment, shoes or socks; each exercise 1 minute; PUSH, PUSH, PUSH lengthening spine and limbs; instructor palpates and corrects; OPENS specific joints creating space; reduces PAIN, improves hydration, mechanics, movement; STRENGTHENS muscles; teaches NEW POSTURE" [eldoarevolution](#)
- **For Professionals:** "Based on biotensegrity model, fascial system, fascial tension; SELF-INDUCE fascial tension through specific positioning; de-coapt TARGET joint; improve mechanics, circulation, compression, disc rehydration, tissue/joint quality, awareness, posture; 'You are your own best therapist'" [eldoarevolution](#)

Services: Individual studio sessions in Brescia, online Zoom sessions worldwide, group classes (requires minimum experience), tailor-made programs with photo/description manuals

Contact:

- Studio: Via Creta 26 (6th floor), 25124 Brescia, Lombardy [Scuolapilates](#) [scuolapilates](#)
- Email: info@eldoarevolution.com
- Websites: eldoarevolution.com, scuolapilates.com [Eldoarevolution](#)
- Instagram: [@eldoarevolution](#), [@eldoaitalia](#)

- YouTube: Eldoarevolution [Eldoarevolution](#)
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Ilaria Cavagna - Milan/New York (International Educator)

Business: FEET-NESS / Pilates Anytime Featured Instructor

Certification Level: Level 4 Certified ELDOA Trainer & Course Instructor

Years of Practice: ELDOA since 2008 (17+ years), Pilates instructor since 1997

Biography: Italian-born with Bachelor of Movement Science from Italy (1997). Certified in NYC with Romana Kryzanowska. [The Pilates Room NYC](#) [Feet-ness](#) Former member of first New Zealand women's road cycling registered BikeNZ Trade Team. Started ELDOA in 2008 due to serious neck issues.

[Pilates Anytime](#) Now teaches ELDOA certification courses (Levels 1-4) internationally including at GB Fitness Milano and Multimedica Hospital IRCCS Milano. [LinkedIn](#) Featured instructor on Pilates Anytime. Founder/CEO of FEET-NESS™ - "posture from the ground up" educational platform.

[Pilates Anytime](#) [Feet-ness](#)

Specializations: Musculoskeletal rehabilitation, fascial work, joint decoaptation, spinal health, foot work and posture from ground up

Unique Approach: FEET-NESS Innovation - revolutionary approach building posture from feet up. Seamless progression from athlete → performer → practitioner. [The Pilates Room NYC +2](#) Precision in execution essential for building correct fascial tension. [Pilates Anytime](#) Integrates Pilates, ELDOA, Soma-Training, foot work.

Teaching: Teaches ELDOA certification courses in Milano and internationally. 2024 Italy Schedule: ELDOA 4 course December 20-22 at GB Fitness Milano. Also teaches at Multimedica Hospital IRCCS Milano. [Liberi Di](#)

Contact:

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