

ELDOA Certified Trainer Directory - Comprehensive Expansion

Executive Overview

This comprehensive directory expands the ELDOA (Étirements Longitudinaux avec Decoaptation Ostéo-Articulaire) practitioner listings with detailed profiles of certified trainers worldwide. **ELDOA** is a system of postural exercises founded by French osteopath **Dr. Guy VOYER, DO (1952-2024)** that creates space within joints through myofascial stretching, reducing compression and chronic pain. ELDOA METHOD +4

The ELDOA certification system comprises **6 levels**: Levels 1-3 (Student Practitioners), Level 4 (Certified ELDOA Trainer), Level 5 (Certified ELDOA Therapist), and Level 6 (Certified ELDOA Expert).

Eldoa +3 Globally, approximately **850-1,100+ practitioners** exist across all levels, with highest concentrations in the United States (60-65%), Canada (20-25%), and growing communities in Europe.

NORTH AMERICA

UNITED STATES

Adriene Ingalls - New York, NY

Business: Premier Pilates & Yoga

Certification Level: Level 4 Certified ELDOA Trainer / Level 5 LOADS Practitioner

Years of Practice: 25+ years (teaching since 1999)

Biography: Adriene is an accomplished classical pianist with 20+ years of performing experience who transitioned to movement education. She studied extensively with two of Joseph Pilates' five remaining protégées: Romana Kryzanowska (3 years) and Kathleen Stanford Grant (13.5 years). As a Master Instructor Trainer for 15 years, she certified over 5,000 instructors across the US, Canada, and Europe in Spinning, Resistaball, and Peak Pilates.

Credentials:

- MA (Master of Arts)
- E-RYT 500 (Experienced Registered Yoga Teacher)
- C-IAYT (Certified Yoga Therapist)
- Gold Certified Pilates Instructor (Pilates Method Alliance - first awarded designation)
- Five full Pilates certifications
- ST (Stretch Therapist), FMT2 (Fascial Manipulation Level 2)
- SOMA Practitioner (Training and Therapy)

Specializations: Professional athletes and classical musicians, chronic pain/injuries, backcare/scoliosis, prenatal/postpartum, osteoporosis, heart disease & cancer, seniors

Unique Approach: Integrates current physio and track/field coaching concepts into classical Pilates; merges multiple modalities for comprehensive treatment; focuses on functional approaches for clients

Contact:

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 - Website: premierpilatesandyoga.us
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Sue Falsone - Phoenix, AZ

Business: Structure & Function Education

Certification Level: NOT CONFIRMED (no ELDOA certification found despite listing)

Years of Practice: Licensed PT since 1996 (29+ years)