

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:

- Studio: 939 Eight Avenue, New York, NY; 200 North Avenue Suite 6, New Rochelle, NY 10801
 - Phone: 347-880-8152
 - Email: alingalls1@gmail.com
 - 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)

Biography: Sue made history as the **first female head athletic trainer in any of the four major U.S. professional sports** when she served as Head Athletic Trainer and Physical Therapist for the Los Angeles Dodgers (2008-2013). She spent 13 years at Athletes' Performance (now EXOS) as VP of Performance Physical Therapy and Team Sport. ([Stopainclinical](#)) Currently serves as President & Founder of Structure & Function Education and Associate Professor at A.T. Still University.

Credentials:

- PT (Physical Therapist), MS (Human Movement Science, UNC Chapel Hill, 2000)
- SCS (Board-Certified Clinical Specialist in Sports Physical Therapy)
- ATC (Certified Athletic Trainer), COMT, CSCS, RYT-200 ([Sue Falsone](#))
- Author: "Bridging the Gap from Rehab to Performance" ([Amazon](#)) ([Stopainclinical](#))

Specializations: Sports performance, dry needling ([SFDN system](#)), bridging rehabilitation to performance, comprehensive kinetic chain assessment

Philosophy: Holistic approach treating athletes as whole persons; integrating rehab and performance training; emphasizing "prehab" (prevention)

Contact:

- Website: [suefalsone.com](#) / [structureandfunction.net](#)
- Location: Phoenix, AZ area

Note: Despite being listed in the task, no ELDOA certification could be verified through official directories or practitioner materials.

Adam Wright - Riverside, CA

Business: Animal House Fitness

Certification Level: NOT CONFIRMED (no ELDOA certification found)

Years of Practice: Since 2016 (9+ years)

Biography: Riverside native and former aspiring professional football player who redirected his career to fitness. Founded Animal House Fitness from his converted firehouse barn home in 2016, moving to a brick-and-mortar downtown Riverside location in 2019.

Credentials: CSCS (Certified Strength and Conditioning Specialist through NSCA)

Specializations: Speed development and explosiveness training, athletic performance, youth athlete development, movement efficiency and posture, group fitness camps

Philosophy: Mission to "teach and guide young people how to optimize their existence" - focuses on holistic athlete development beyond athletics

Contact:

- Address: 3987 Merrill Ave, Riverside, CA 92506
- Website: animalhouse.fitness / adamwrightfitness.com

Note: No ELDOA certification could be verified despite listing.

CANADA

Janey Walker - Richmond Hill, ON

Business: Pilates 4 U

Certification Level: Certified ELDOA Teacher (specific level unconfirmed)

Years of Practice: Active since at least 2016

Biography: Knowledgeable and engaging instructor with deep understanding of body mechanics and Pilates applications for aging populations. Studio serves clients of all ages and mobility levels, from those with no mobility issues to those using walkers or scooters. (Pilates4U)

Specializations: Rehabilitation of muscles, fascia, and ligaments; pain relief and self-care; mobility improvement (particularly back mobility); core strength; classes for older adults and mobility-challenged individuals

Philosophy: Focus on helping clients understand Pilates benefits as they age; tailors group activities to participant needs; emphasizes empowerment over exhaustion

Contact:

- Studio: 556 Edward Ave, Unit 58, Richmond Hill, ON L4C 9Y5
 - Phone: 416-576-7208
 - Email: pilates4u@hotmail.com Pilates4U
 - Website: pilates4u.ca
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Kim Bajer - Mississauga, ON

Business: Vitality Pilates And Eldoa

Certification Level: Certified ELDOA Trainer (stated as "certified in all levels")

Years of Practice: "Lifetime of teaching and coaching experience"

Biography: Extensive experience combining Pilates and ELDOA methodologies in boutique studio setting.

Specializations: Pain relief and rehabilitation, spinal decompression, strength training, pregnancy fitness (prenatal Pilates with ELDOA), custom programs for individual body needs

Philosophy: "Combined and in harmony, the two methods are that much more magnificent when their moves and exercises are used together in a custom program designed just for you" Vitalitypilatesandeldoа

Unique Approach: Specializes in combining Pilates Reformer and Chair work with ELDOA for comprehensive treatment of compression, pain, arthritis, and neurological conditions

Contact:

- Location: Mississauga, ON
 - Website: vitalitypilatesandelndo.com
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Mary German - Oakville, ON

Business: Living Well Pilates, Ltd.

Certification Level: NOT CONFIRMED (no ELDOA certification found)

Years of Practice: 20+ years (established 2002)

Biography: Originally from Mooreton, North Dakota; York University education. Trained with Pilates Elders including Mary Bowen (Connecticut) and Lolitta San Miquel, plus Ann McMillan (Spinal Post-Rehabilitation) and Elizabeth Larkham (Tower Applications). Previously delivered services to HSG Health Systems Group Ltd. and Ford Motor Company, Oakville. [LinkedIn](#)

Credentials:

- Clinical Exercise Physiologist / Clinical Physiologist
- Certified Pilates Instructor and Teacher Trainer [Yelp](#) [LinkedIn](#)

Specializations: Pilates teacher training and certification, post-rehabilitation work, core strengthening, posture improvement, all ages and special populations

Philosophy: "Physical Literacy Workout Classes"; friendly, supportive, community-based studio; small classes (1-to-5 ratio); empowers people to health through Pilates [Livingwellpilates](#) [LinkedIn](#)

Contact:

- Studio: 2251 Westoak Trails Blvd #4, Oakville, ON L6M 3P7
- Phone: 905-847-0707

- Email: marygermanlwp@gmail.com
 - Website: livingwellpilates.com GTACentre Now Livingwellpilates
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Jaishri Mistry - Uxbridge, ON

Status: NO INFORMATION FOUND

Despite multiple searches, no relevant information about an ELDOA practitioner named Jaishri Mistry in Uxbridge, Ontario was located. This practitioner may operate under a different business name, have limited online presence, or the information may need verification.

EUROPE

ITALY (60+ Level 3 Practitioners)

Italy has emerged as a **European ELDOA hub** with 60+ Level 3 practitioners and several Level 4 trainers. The highest concentration exists in **Lombardy** (Milan, Brescia, Monza), with strong integration into medical settings through the Multimedica Hospital network.

Level 4 & 5 Certified Trainers (Highest in Italy)

Laura Masserdotti - Brescia

Business: Scuola Pilates / ELDOA Revolution

Certification Level: Level 5.1 Certified ELDOA Therapist (HIGHEST IN ITALY) Scuolapilates

Years of Practice: Pilates 20+ years (since 2005), ELDOA 7+ years (since 2018)

Biography: Studied directly with Romana Kryzanowska at "Romana's Pilates" in New York with Romana's best teacher trainers. Worked in Rome and Bologna before opening Brescia studio in 2005. Discovered ELDOA in 2018 - "professional life changed forever." Eldoarevolution Among first 15 ELDOA

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, @eldoiitalia

- 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:

- Phone: (917) 770-4065 ([Facebook](#))

- Email: eldoa@ilariacavagna.com
 - Websites: ilariacavagna.com, feet-ness.com [Facebook +2](#)
 - Instagram: @ilariacavagna, @feetness_edu
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Sabrina Bahbout - Rome

Business: Elephant Pilates Roma

Certification Level: Level 3 & Level 4 Certified ELDOA Trainer

Years of Practice: Pilates since 2005 (20+ years), ELDOA since 2018 (7+ years, achieved Trainer 2022)

Biography: Lifelong sports enthusiast with competitive athletic background. Discovered Pilates in late 1990s when unknown in Italy, verified benefits personally before pursuing certification in 2005 with Romana Kryzanowska at Romana's Pilates International (direct student of Joseph Pilates). Discovered ELDOA in 2018 - "true turning point" in her approach. Completed intensive study 2018-2022 with Dr. Guy Voyer and training instructors, achieving Level 4 Trainer certification in 2022 under Dr. Voyer's direct guidance. [elephantpilatesroma](#) Opened first studio on Via Giulia, Rome in 2007; moved to prestigious Treccani Encyclopedia headquarters in 2018.

Philosophy: "Romana believed the method works only if executed with the precision taught by Pilates himself." Rigorous attention to original Pilates equipment and methodology. ELDOA work focused on creating space within joints, improving mechanics, reducing pain. [elephantpilatesroma](#) Passionate about bringing both methods to Italy as pioneer practitioner.

Studio - Elephant Pilates Roma:

- **Location:** Piazza dell'Enciclopedia Italiana, 50 (Largo Argentina), 00186 Rome - Historic Treccani building
- **Features:** Finely renovated bright space with high vaulted ceilings; exclusively equipped with original **Gratz Industries equipment** (only company reproducing equipment following Joseph

Pilates' original designs)

- **Lessons:** Individual sessions, duette (2 people), small groups (max 4 for mat/small equipment), ELDOA classes and individual sessions
- **Hours:** Mon-Fri 8:30-19:30, Sat-Sun by request [Elephantpilatesroma](#) [elephantpilatesroma](#)

Client Testimonials: "Pilates + ELDOA method makes results tangible"; "One of the few ELDOA instructors in Italy"; "Professional knowledge with rigorous attention to every postural detail" [Nicelocal](#)

Contact:

- Email: studiopilateselephant@gmail.com
 - Website: elephantpilatesroma.it
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Chiara Florian - Milan Area

Business: Primo Pilates

Certification Level: Level 4 Certified ELDOA Trainer

Years of Practice: Multiple years (progression from Level 2 → 3 → 4)

Biography: Operates Primo Pilates studio in Casorate Primo near Milan. Listed in official directory showing advanced progression through ELDOA program to highest practitioner level (Level 4).

Contact:

- Studio: Via Don Colzani 33, 27022 Casorate Primo (Pavia)/Milan area
 - Phone: +39 334 237 5181
 - Email: florianchiara@gmail.com, chiara@primopilates.it
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Level 3 Student Practitioners

Samantha Ferrari - Lesmo

Certification Level: Level 3 Student Practitioner

Years of Practice: Former professional athlete 1980s-1990s, Pilates instructor multiple years, ELDOA Levels 1-3

Biography: Professional rhythmic gymnast for Italian National Team (FGI - CONI). Historic

Achievement: First Italian gymnast to win Bronze Medal at World Championships (Athens 1991, clubs apparatus). **Olympic Athlete:** Competed at 1992 Barcelona Olympics (11th qualification, 12th overall).

Born September 25, 1973 in Muggiò (near Milan). ([Wikipedia](#)) Co-owner of Studio Olimpia Pilates in Monza. ([StayPilates](#)) Featured as "Teacher of the Month" by StayPilates.

Credentials: CovaTech Pilates Teacher, Cardiolates Instructor, Blackroll Trainer, Mattools Training System Level 1, ELDOA Levels 1-2-3, CONI recognition as Personal Trainer and Posturologist (since 2013) ([Covatechpilates](#)) ([StayPilates](#))

Unique Approach: Brings rich competitive athletic background to teaching. Transmits professional sports experience through Pilates and ELDOA. ([StayPilates](#)) Focuses on injury prevention and postural correction. Serves clients of all ages with various pathologies.

Philosophy: Integrates athletic discipline with therapeutic movement. Emphasis on body awareness from elite sports background. Personalized programs drawing on gymnastics expertise.

Contact:

- Studio: Via Alla Cava n.1, 20855 Lesmo (MB), Monza e Brianza
- Email: samy73ferrari@gmail.com
- Instagram: @samy_73_ferrari ([Instagram](#))

Francesca Bertelli - Brescia

Business: Scuola Pilates / ELDOA Revolution

Certification Level: Level 3 Student Practitioner

Biography: Works alongside Laura Masserdotti at renowned Scuola Pilates/ELDOA Revolution. Part of one of Italy's premier ELDOA education centers. Contributes to ELDOA Revolution's mission to build worldwide ELDOA community.

Contact:

- Studio: Via Creta 26 (6th floor), 25124 Brescia
 - Email: bertelli.fran@gmail.com, info@eldoarevolution.com
 - Website: eldoarevolution.com, scuolapilates.com
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Cristina Centrone - Sesto San Giovanni

Business: GB Fitness

Certification Level: Level 3 Student Practitioner

Biography: Teaches at GB Fitness, one of the first boutique gyms in Sesto San Giovanni. GB Fitness established 1978, originally focusing on Judo and Bodybuilding, evolved to include Fitness, Functional Training, Pilates, ELDOA, PancaFit, Spinning, Yoga, Pole Dance, Karate. (Gb Fitness +2) Studio praised for ELDOA instruction quality with instructor attention to proper form and personalized progression.

Studio - GB Fitness:

- **Address:** Via Giacomo Puccini, 60, 20099 Sesto San Giovanni (MI)
- **Hours:** Mon-Fri 9:00-22:00, Sat 9:30-14:00, Sun 10:00-13:00 (SportivaGVM) (FitnessFast)
- **Features:** Modern boutique gym, air conditioning, wellness area with Turkish bath, 120m from Parco Gramsci
- **Reviews:** 4.4/5 stars (65 reviews) praised for ELDOA quality (SportivaGVM)

- **Hosts:** International ELDOA certification courses with Ilaria Cavagna

Contact:

- Phone: +39 338 171 7839 / +39 347 984 7116
 - Email: info@gbfitness.it
 - Website: gbfitness.it (Gb Fitness)
-

Eros Rizzo - San Damiano d'Asti

Certification Level: Level 3 Student Practitioner

Biography: Based in San Damiano d'Asti, Asti province, Piedmont region. Operates in smaller town setting, bringing ELDOA to regional areas outside major cities.

Contact:

- Address: Frazione Gorzano 85/B, 14015 San Damiano d'Asti, Piedmont
 - Email: erosrizzo@gmail.com
-

Gianluca Miracoli - Corsico

Certification Level: Level 3 Student Practitioner

Biography: Based in Corsico, just southwest of Milan. Serves Milan metropolitan area.

Contact:

- Address: Via Visconti di Modrone, 6 – 20094 Corsico (MI)
 - Email: ggiangy@gmail.com
-

Claudia Ferri Cataldi - Vimercate

Certification Level: Level 3 Student Practitioner

Biography: Operates in Vimercate, Monza e Brianza province. Part of growing Lombardy ELDOA community.

Contact:

- Address: Via Garibaldi, 13 – 20871 Vimercate (MB)
 - Phone: +39 339 353 1502
 - Email: mcbclaudia70@gmail.com
-

Additional Italian Level 3 Practitioners (60+ total)

Milan & Lombardy Region:

- **Roberta Paola Pedretti** (also Level 4) - Via Valparaiso 9, 20144 Milano | info@robertapedretti.com, info@joymoves.it (Joymoves)
- **Alessandra Zorzetto** - Corso Roma 49, Cesano Maderno (MB) 20811 | alessandra.zorzetto@gmail.com
- **Chiara della Misericordia** - Via Don Bosco 16, 20139 Milano (Studio Pilates CDM) | kiarak1172@gmail.com
- **Jolanda Sanapo** - Via Luigi Pirandello 101, Sesto San Giovanni | cjsan@fastwebnet.it
- **Katia Quinter** - Via Strada Provinciale 14,10, Liscate (MI) (K&M center) | katiakety@hotmail.com
- **Michela Crociani** - Via Strada Provinciale 14,10, Liscate (MI) (K&M center) | mikycroc@hotmail.com
- **Valentina Riccardi** - Via Giovanni Scheiwiller 12, 20139 Milano | vricc83@gmail.com

- **Daniela Renata Rossi** - Via Monti Sabini 13, Milano | zia.danidr@gmail.com
- **Sabrina Bellini** - Via Padana Superiore 30, Bellinzago Lombardo (MI) | sabrinabellini75@gmail.com
- **Sophia Esposito** - Via Michelangelo Buonarroti 61, Arcore (MB) 20862 | solupetta83@gmail.com

Genoa & Liguria:

- **Giulia Volpi** - Studio Pilates Classico, Via Majorana 67r, 16166 Genova | vlpigli70@gmail.com
- **Irene Carrea** - Studio Pilates Classico, Via Majorana 67r, 16166 Genova | irenecarrea@hotmail.com
- **Paola Suppo** - Studio Pilates Classico, Via Majorana 67r, 16166 Genova | paolasuppo1@gmail.com

Bologna & Emilia-Romagna:

- **Elisa Lontani** - Pilates Couture, Via Jussi 8, San Lazzaro di Savena, Bologna | elisaesperanto@gmail.com
- **Valentina Maiani** - Via Fondè 9, San Lazzaro di Savena, Bologna | vanyc2002@gmail.com
- **Paola Gandolfi** - Via Renzo Martini 4, Busseto (PR) 43011 | paola-gandolfi@libero.it
- **Riccardo Bizzì** - Via Unità d'Italia 16-1, San Secondo Parmense, Parma 43017 | riccardobizzi78@gmail.com

Veneto Region:

- **Federica Cerpelloni** - Via Cerpelloni 28, 37125 Verona | federica.cerpelloni@live.com
- **Gloria Rizzato** - ASD Corpolibero, Via Carcereri 13, Caldiero (VR) | corplibero@corplibero.eu
- **Luca Revrenna** - Via San Domenico 22, Villaverla (VI) 36030 | officinadellaschiena@gmail.com
- **Massimo Trevisan** - PerforMax Fitness, Via Cristoforo Colombo 102/64, Bassano Del Grappa (VI) | max@performaxfitness.net

Tuscany:

- **Francesca Mottola** - Via Bergiola 121, Massa 54100 | lafraballa@yahoo.it | joymoves.it
- **Grazia Biagi** - Via Giovanni Bovio 14, Montecatini Terme 51016 | ciaccia70@gmail.com

Piedmont:

- **Sara Bianco** - Corso Alfieri 241/251, Asti 14100 | sara.bianco1987@libero.it

Rome & Central Italy:

- **Miriana Fattiboni** - Via Marcello Candia 10, Fuorigrotta, Naples | mirianafattiboni.cielo@gmail.com
- **Claudia Olivieri** - Via Codevigo 29, 00123 Rome | cla.olivieri85@gmail.com
- **Giacinta Bernocchi** - Via Guglielmo Massaia 45b, 00154 Rome | giacintabernocchi@gmail.com
- **Giorgia De Cristofaro** - Via Portuense 495, Rome | yogastudio.giorgia@gmail.com
- **Filomena Pagano** - Via SS. Nome di Maria 26, Caserta | voltisenzatempo@gmail.com
- **Paola Langella** - Via Raffaele Morghen 181, Naples | hello@paolalangella.co.uk

Swiss Italian-speaking Region:

- **Sabrina Tissot** - Espace Pilates, Rue du Chateau 1, 1814 La Tour-de-Peilz | sabrina@espace-pilates.ch
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GERMANY (16 Practitioners)

Germany has a concentrated ELDOA community primarily in **Berlin** (7 practitioners), with **Sarah King** serving as master educator at Authentic Body Control. Stuttgart also hosts multiple practitioners.

Level 4 Certified Trainers

Sarah King - Berlin (ELDOA Teacher Trainer)

Business: Authentic Body Control

Certification Level: Level 4 Certified ELDOA Trainer & Teacher Trainer

Years of Practice: Multiple years studying with Guy VOYER, DO

Biography: Classically trained acupuncturist (Master of Science), Classical Pilates instructor, **ELDOA**

Teacher Trainer for Guy Voyer's certification program. Student of Guy VOYER, DO in SOMA

Training & Therapy programs. ([Urban Sports Club](#)) ([Sched](#)) Founder of Authentic Body Control in Berlin.

([Pilatesberlin](#)) Teaches ELDOA Levels 1-3, Myofascial Stretching, and Segmental Strengthening.

([Pilatesberlin](#)) Completed most ELDOA training in USA, continues advanced studies including pelvic anatomy in Montreal. ([Urban Sports Club](#)) Featured in Urban Sports Club Berlin, establishing Berlin as German ELDOA hub.

Specializations: Acupuncture, classical Pilates, ELDOA instruction and teacher training, myofascial stretching, segmental strengthening, SOMA training

Contact:

- Studio: Boddinstr. 4, 12053 Berlin ([Pilatesberlin](#))
 - Email: info@sarahkingccm.com
 - Websites: pilatesberlin.com, authenticbodycontrol.com
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Amanda Diatta - Stuttgart

Business: Contrology Pilates Studio

Certification Level: Level 3 & Level 4 Certified ELDOA Trainer

Years of Practice: ELDOA since 2021 (4+ years), Pilates since 2009 (16+ years), 15+ years professional fitness

Biography: State-approved teacher for gymnastics & sports (Sportschule Glucker, Stuttgart). Completed Pilates training in 2009 with Davorka Kulenovic at "Pilates New York" studio in Stuttgart, learning

Joseph Pilates' original Method. Her teacher Davorka was student of Romana Kryzanowska (personally appointed by Joseph Pilates). In 2017, graduated from advanced teacher training 'The Red Thread®' with Kathryn Ross-Nash (USA). Founded Contrology Pilates Studio in downtown Stuttgart October 2014.
Stuttgart's first certified ELDOA trainer.

Credentials: Spiraldynamik® certification, Certified Personal Trainer, Certified Back-Exercise Teacher, State-approved teacher for gymnastics & sports ([contrology-pilates](#))

Specializations: Classical Pilates (original Joseph Pilates method), ELDOA spinal decompression, Spiraldynamik®, back health and exercise, ballet and swimming-inspired movement

Unique Approach: Stuttgart's first certified ELDOA trainer, integrating ELDOA with classical Pilates. Maintains strong international network of established Pilates trainers. Regularly attends masterclasses with renowned instructors including Kathryn Ross-Nash, Peter Fiasca, Lori Coleman-Brown, Chris Robinson. ([contrology-pilates](#))

Contact:

- Studio: Downtown Stuttgart
 - Email: hello@contrology-pilates.de
 - Website: contrology-pilates.com
-

Chantal Kirch - Berlin

Certification Level: Level 3 & Level 4 Certified ELDOA Trainer

Contact:

- Location: Berlin, Germany
- Email: chantal.kirch@gmail.com

Note: Limited public information available for detailed biography.

Daena Brandt - Berlin

Business: The Base Pilates

Certification Level: Level 3 & Level 4 Certified ELDOA Trainer

Biography: Connected to The Base Pilates studio in Berlin Mitte. The Base Pilates offers ELDOA as part of movement programs, describing it as "a unique technique of myofascial stretching designed to create more space in the body."

Contact:

- Studio: The Base Pilates, Berlin Mitte
 - Email: info@thebasepilates.de
-

Janine Jacques - Berlin/Vancouver

Certification Level: Level 3 & Level 4 Certified ELDOA Trainer

Contact:

- Email: janine-jacques@hotmail.com
 - Travels between Berlin and Vancouver
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Rebecca Rainey - Berlin

Certification Level: Level 3 & Level 4 Certified ELDOA Trainer

Biography: Offers contemporary Pilates with somatic explorations, myofascial stretching, breathwork and ELDOA.

Contact:

- Email: whereits@rebeccarainey.com
 - Website: rebeccarainey.com
-

Shannon Cooney - Berlin

Certification Level: Level 3 & Level 4 Certified ELDOA Trainer

Contact:

- Location: Berlin
 - Email: mail-to@shannoncooney.org
-

Level 1-3 Student Practitioners

Nina Ingrid Laiblin - Stuttgart

Certification Level: Level 3 Student Practitioner

Years of Practice: Active Pilates instructor since early 2000s

Biography: Certified classical Pilates trainer who worked with renowned instructors including Kathryn Ross-Nash. Connections to Contrology Pilates Studio in Stuttgart. Developed mobile Pilates service.

Specializations: Mobile Pilates instruction - "Pilates kommt" (Pilates comes to you), classical Pilates, ELDOA

Unique Approach: Offers convenience of mobile instruction, bringing professional Pilates and ELDOA training directly to clients' homes or preferred locations in Stuttgart area.

Contact:

- Address: Diemershaldenstrasse 14, 70184 Stuttgart
 - Phone: 0711 46 00 652 / Mobile: 0163 88 64 142
 - Email: nina@pilates-kommt.de
 - Website: pilates-kommt.de
-

Lilli Bornemann - Münster

Business: Praxis Bornemann (now Chiropraktik Münster – Praxis am Aasee)

Certification Level: Level 3 Student Practitioner

Biography: Associated with osteopathy and natural medicine clinic in Münster. The practice has undergone name change to "Chiropraktik Münster – Praxis am Aasee." Works with Vladimir Bornemann (also Level 3 ELDOA certified), suggesting family or professional partnership focused on integrative manual therapy.

Contact:

- Location: Münster, Germany
 - Email: kontakt@praxis-bornemann.de
 - Website: praxis-bornemann.de
-

Verena Polkowski - Frankfurt

Certification Level: Level 3 Student Practitioner

Biography: Primarily known as freelance costume designer (Kostümbildnerin) working in theater since 2010. Studied Fashion Design at FH Trier (April 2003 - February 2007). Completed 6-month internship at Städtische Bühnen Frankfurt. Worked as costume design assistant at Städtische Bühnen Frankfurt (April 2007 - August 2010). Has designed costumes for numerous productions including Jesus Christ Superstar, Kiss me Kate, Footloose, Evita, Young Frankenstein, and opera productions.

Note: Represents interesting case of ELDOA certification among creative professionals who may use method for personal wellness and potentially in understanding body movement for costume design work.

Contact:

- Location: Frankfurt
 - Email: ypolko@gmx.de
-

Additional German Practitioners:

- **Wladimir Bornemann** - Münster, Level 3 | kontakt@praxis-bornemann.de
 - **Isabel Moser** - Stuttgart, Level 2 | Works at Contrology Pilates Studio | isabel.moser@icloud.com
 - **Alexander Brikman** - Munich, Level 2 | New Health Society | alex@newhealthsociety.com | newhealthsociety.com
 - **Renata Mach** - Reutlingen, Level 3 | info@pilates-reutlingern.de
 - **Anna-Constance Knauf** - Stuttgart, Level 1 (Cert.#2023-1119) | coco_knauf@web.de
 - **Josh Gregoire** - Germany (location unspecified), Level 1 | jgregoire49@gmail.com
-

UNITED KINGDOM (8+ Practitioners)

UK ELDOA practitioners are trained through **Soma Training UK** headquartered at British College of Osteopathic Medicine (BCOM), London. Training led by Peter Bodi and Guy Voyer DO (Level 4).

Keith Lazarus - London

Certification Level: Level 3 Student Practitioner

Years of Practice: Over 20 years in fitness and personal training

Biography: Movement practitioner and musculoskeletal expert based in London. Work focuses on holistic, whole-person approach to fitness, adopting specific bespoke methods depending on client needs. Covers injury management, pain relief, posture and balance improvement, self-awareness and sensory improvement, enhanced function and coordination, general fitness and performance. Training philosophy evolved after realizing human body is delicate, complex, and unique, with no "one size fits all" approach.

Credentials:

- Personal Trainer (Level 3)
- ELDOA Practitioner (Level 3)
- Certified FRC (Functional Range Conditioning) Mobility Specialist
- Sports Massage Therapist (Level 5, North London School of Sports Massage)
- Contributor to Men's Health magazine

Philosophy: "Clients are their own best trainers, as they know their bodies best." Practical, solution-focused, "train the trainer" style aims to empower clients to take full ownership of health. Sessions deliver overall feeling of wellbeing by looking at all life areas, not just exercise. Combines exercise, nutrition, lifestyle changes with helping clients find right motivation and mind-set.

Unique Approach: Training methods usually start with corrective exercises influenced by Osteopathic manual therapy of mobilization and manipulation, FRC principles, ELDOA techniques, and movement techniques.

Contact:

- Email: keithlazarusmethod@gmail.com

- Websites: physicaldiversity.com, klpersonaltraining.co.uk
- LinkedIn: [physicaldiversity](#)
- Instagram: [KLM_physicaldiversity](#)

Practice Setting: Private 1:1 personal training (online and in-person), helping desk-bound executives over 50 improve physical health and recover from injuries using osteopathic training techniques.

Matthew Chappell - Salisbury

Business: Evolved Health

Certification Level: Trained in ELDOA and Myofascial Stretching (specific level not confirmed)

Years of Practice: Multiple years with extensive industry experience

Biography: Founder and Owner of Evolved Health, private personal training and physical therapy facility in Salisbury. Studies extensively under pioneering French Osteopath Guy Voyer (SomaTraining and SomaTherapy programs). Advanced training in strength & conditioning, personal training, nutrition, and functional medicine. Felt traditional approaches didn't work long-term, leading him to study advanced methods by traveling the world. Delivered seminars on land-based conditioning for swimmers at Millfield School (Adidas sponsored). Strength and conditioning coach for British National 4X Mountain Bike Champion Katy Curd (2010-2013), who achieved 2nd place at 2013 4X World Championships.

Specializations: Endocrinology, The Science of Sleep, Lifestyle Assessment and Design, Corrective Exercise, Advanced Nutrition, Advanced Supplementation Strategies, Detoxification Techniques, Program Design, Stress Management, Joint Pumping techniques, Sports and Remedial Massage

Philosophy: Contemporary blend of training and therapy services for optimal health and performance. Aspires to create dramatic change in clients' well-being by taking them "back to the drawing board" to achieve above and beyond expectations. "**Salisbury pioneers in many of the world's leading manual**

therapy and movement techniques." Represents paradigm shift in injury rehabilitation, offering alternative to traditional rehab approaches.

Unique Approach: Uses Myofascial Stretching, ELDOA, and osteo-articular joint pumping to help rehabilitation process, combined with segmental strengthening to reinforce problem areas as part of wider personal training programs.

Contact:

- Location: Glenmore Business Park, Salisbury (close to train station)
- Website: evolvedhealth.co.uk
- Email: info@evolvedhealth.co.uk
- LinkedIn: Matt Chappell - Owner, Evolved Health

Practice Setting: Private world-class training facility with state-of-the-art Atlantis equipment, 2 treatment rooms, mobilization and warm-up areas. Offers personal training, group coaching (max 3 people), injury rehabilitation, sports massage, ELDOA classes, myofascial stretching.

Tansy Blaik-Kelly - Uckfield, East Sussex

Business: Turning Tide Pilates

Certification Level: Level 3 Student Practitioner (training with Soma Training UK, London)

Years of Practice: Personal Pilates 37+ years (since 1987), Teaching since 2006 (19+ years), Studio founded 2007 (18 years)

Biography: Calm, sensitive, and friendly teacher with dance background. Began learning Pilates at ballet school in 1987 with **Alan Herdman, founder of UK's first Pilates studio**. Professionally initially chose different path with successful 17-year costume career, working in theatres across London's West End and touring nationally and internationally. Having personally felt many benefits to her health, fitness, and vitality from Pilates, in 2006 decided career change was needed and began retraining to teach. Founded

Turning Tide Pilates in 2007, initially at The Old Mill House in Uckfield, then in April 2022 moved and expanded into two floors of beautiful new studios in River Way, Uckfield.

Credentials:

- Pilates Foundation Matwork and Pre/Postnatal Pilates Teacher
- Polestar Pilates Comprehensive Studio Practitioner
- Breast Cancer Exercise Specialist (Pink Ribbon Program)
- Advanced Face Yoga Teacher (Danielle Collins Face Yoga Method)
- Facial Gua Sha Teacher (Danielle Collins and Hayo'u)
- Seated Shiatsu Massage Practitioner
- ELDOA Level 3 Practitioner
- 200-hour Modern Yoga Teacher (Heart + Bones Yoga, 2024)
- Yoga Therapy for Digestive Health (Yoga Campus with Charlotte Watts)
- Former Educator with Evolve Movement Education (Comprehensive Pilates Teacher Training courses)
- Currently training: Pilates for Neurological Conditions (The Neuro Studio)
- Beginning October 2025: Moving Fascia® Teacher Training (year-long program)

Specializations: Osteoporosis, MS, fibromyalgia, hypermobility, rehabilitation after injury, surgery, or stroke. Multiple specialist workshops: Standing Pilates, Pilates for Breast Cancer Survivors, Gait Basics and Posture, Therapeutic Pilates for Neck Problems, Pilates for Seniors, Pilates and Osteoporosis, Understanding Lower Back Pain, Palpation of the Spine, Pilates for Horse Riders, Pilates for Post Hip and Knee Replacement Patients.

Awards: 2019 Muddy Stilettos Awards: Best Yoga/Pilates Instructor in Sussex

Philosophy: Interests lie in whole-body health and encouraging body to somatically return to more natural movement patterns, exploring healing inter-relationships between body, mind, and movement. Strives to help clients achieve physical potential through developing healthy and happy body, working with all ages and abilities.

Contact:

- Studio: Suite C, Arun House, River Way, Uckfield, East Sussex TN22 1SL (just behind High Street, 3 minutes walk from Uckfield Station)
- Phone: +44 (0)7882 576540
- Email: info@turningtidepilates.com
- Website: turningtidepilates.com
- Instagram: @turningtidepilates (2,325 followers, 2,050 posts)
- What3words: ///binders.twig.loom

Practice Setting: Multi-award winning boutique Pilates studio offering in-studio and online group and 1:1/2:1 sessions, matwork and equipment Pilates, yoga, face yoga, facial gua sha, and Buff Bones®. Business hours Monday-Friday 09:00-21:00, by appointment only. Co-hosts Pilates Day Retreats and Wellbeing Events at Secret Vineyard in Herstmonceux, East Sussex with Wellbeing In The Wild since 2017.

Regina Smohai - Surbiton, Surrey (and London)

Certification Level: Not confirmed

Biography: Operates Regina Smohai Coaching, described as alternative wellness and health and wellness coaching practice.

Contact:

- Address: 20 Lovelace Rd, Surbiton, England KT6 6NQ
- Phone: 07814 538392

Note: Limited information available in public sources. Additional details about ELDOA certification, training background, and specific approach could not be confirmed.

Daniel Holman - Northampton

Status: NOT CONFIRMED AS ELDOA PRACTITIONER

Research Note: Extensive searches found multiple Daniel Holmans in Northampton, including professional footballer, personal trainer (Dan Holman with Over Power training business), and academic researcher at Sheffield University. However, no connection to ELDOA practice could be established.

Hugh Mackay - Exeter

Status: NOT CONFIRMED AS ELDOA PRACTITIONER

Research Note: Searches found several Hugh Mackays in UK including Australian social researcher, former oil/gas CEO, cellist, and Ed Mackay (researcher at University of Exeter). No connection to ELDOA practice in Exeter could be established.

Additional UK Practitioner:

Andy - Optimum Function (location not specified)

Certification Level: Qualified in ELDOA Method (level not specified)

Biography: Senior Corrective Exercise Coach and Manual Therapist. Described as "one of very few people in the UK qualified in the Eldoa Method." Uses ELDOA for pain relief and increased range of

movement. Trained through Chek Institute and Soma Training Rehabilitation and Performance. Works with national level golfers and clients with postural pain and work-related dysfunction.

Contact: Website: optimumfunction.co.uk

OCEANIA

NEW ZEALAND (Auckland)

Auckland has small but active ELDOA community centered around **Sweet7 Studio** (58 Brown Street, Ponsonby) and **LOFT45 Gym** (Level 2, 45 Sale Street, Freemans Bay). Sweet7 noted as having "the most highly qualified and certified instructors" in New Zealand for ELDOA and Myofascial Stretching techniques.

Level 4 Master Trainer

Brent Meier - Auckland & Santa Monica

Organization: Soma Education West Coast / Global Health & Performance

Certification Level: Level 4 Certified ELDOA Trainer (MASTER TRAINER)

Significance: Only Level 4 Certified ELDOA Trainer listed for New Zealand in official directory

Biography: Teaches ELDOA classes at LOFT45 Gym in Auckland (mentioned by Rebecca Goldwater as "master ELDOA trainer"). Teaches ELDOA certification courses. International practice between New Zealand and USA.

Contact:

- NZ: +64 21 122 4293
- USA: +1 (424) 257-5510
- Email: ghpoffice1@gmail.com

Practice Setting: International practice between New Zealand and USA; teaches ELDOA certification courses

Confirmed Level 1-3 Practitioners

Claire Smith - Muriwai (Northwest Auckland)

Certification Level: Level 1 & 2 (ELDOA of the Spine)

Years of Practice: 14+ years as Personal Trainer, ELDOA training incorporated in recent years

Biography: Qualified Personal Trainer with over 14 years experience. Worked at Loft 45 Gym and Les Mills Auckland in Auckland CBD. Over 25 years experience as endurance runner. Specializes in functional strength and mobility training. Run coaching experience (13+ years).

Credentials: Personal Training certification

Specializations: Functional strength and mobility, RunsSTRONG program for endurance runners, pre & postnatal training, injury prevention and rehabilitation, menopause fitness

Philosophy: Focuses on functional movement and keeping clients "strong and mobile in work, play and daily activities." Tailors sessions to individual needs with intelligent progression. Integrates ELDOA as part of personal training workouts or offers dedicated ELDOA sessions.

Contact:

- Location: Muriwai, North West Auckland (studio space)
- Phone: 021 225 4747
- Website: clairesmithpt.co.nz

Practice Setting: Private studio in Muriwai; also offers in-home sessions, outdoor training in parks, and online consultations

Kiri Atatoa - Auckland Central

Business: Total Body Focus

Certification Level: Certified ELDOA practitioner (listed on ELDOA.com directory; specific level not disclosed)

Years of Practice: Massage therapy since 1998 (27+ years), ELDOA instruction for several years

Biography: Trained in massage since 1998. Performance massage specialist. Works with elite athletes and everyday clients. Based in Central Auckland. Previously taught at LOFT45.

Credentials: Sports Massage Therapist, ELDOA Instructor

Specializations: Performance massage for athletes, sports massage therapy, ELDOA group and private classes, sports-related injury management, elite athlete treatment

Philosophy: "Performance Massage" approach drawing on sports, rehabilitation, functional and relaxation massage techniques. Focuses on total body optimization for both elite athletes and everyday people pursuing fitness goals. Offers ELDOA as complement to overall health management.

Athletes/Teams: Both New Zealand and international elite athletes across multiple sporting codes

Contact:

- Location: Central Auckland
- Website: totalbodyfocus.co.nz

Practice Setting: Private practice (Total Body Focus); offers both one-on-one massage therapy and ELDOA classes; group ELDOA classes (60-minute sessions with guided warm-up and multiple spinal ELDOA stretches); one-on-one ELDOA sessions (45-60 minutes, personalized); offers complimentary group class trial

Michelle Harper - Auckland

Business: Attune Massage and Wellness

Certification Level: Student Practitioner Level 2-3 (Spine)

Years of Practice: Wellness and massage therapy since approximately 2015, ELDOA training completed 2019

Biography: Studied at Australia Soma Training and ELDOA (Class of 2019). Previously Primary School Teacher (Royal Oak Primary, Remuera Primary, Homai Primary). Primary Education degree from Auckland Teachers College with focus on Physical Education and Music. Registered qualified Wellness and Massage therapist.

Credentials: Registered Wellness and Massage Therapist, Teaching qualifications (Primary Education)

Specializations: Palliative care massage, chemotherapy support massage, ELDOA Level 3, wellness and holistic health approach

Philosophy: Business name "Attune Massage and Wellness" - Attune means "to Make Receptive and Aware," reflecting approach of guiding clients through understanding personal wellness

Additional Role: Also works as Manager-Product, Acclaim at 212F (since 2017), bringing commercial and wellness expertise together

Contact:

- Business: Attune Massage and Wellness New Zealand
- LinkedIn and Facebook available

Nicola O'Neale - Auckland (Now Melbourne)

Certification Level: Certified to instruct ELDOA (specific level not disclosed)

Years of Practice: Physiotherapy since 2016 (9+ years), ELDOA instruction for several years

Biography: Bachelor of Health Science in Physiotherapy (graduated 2016), Advanced Diploma in Sport (Exercise Prescription) with Merit from Auckland University of Technology. Former member of first New Zealand women's road cycling registered BikeNZ Trade Team. Personal experience with autoimmune diseases and injury recovery informed holistic approach.

Credentials: BHSc (Physiotherapy), Advanced Diploma in Sport and Exercise (Exercise Prescription) with Merit, additional musculoskeletal rehabilitation training

Experience: Head Physiotherapist with Kumeu Rugby (since 2015), worked with individual athletes, student physio mentoring, designed and instructed online and in-person ELDOA classes, worked at holistic physiotherapy studio

Specializations: Musculoskeletal physiotherapy, sports-related injuries, pre and post-surgical rehabilitation, chronic pain management, exercise prescription, injury prevention and rehabilitation, holistic/full body approach

Philosophy: Holistic full-body approach influenced by own health journey with autoimmune diseases while being high-performance athlete. Focuses on education and promoting self-management while keeping clients active in what they love.

Current Position: Customer communications and injury management at Gallagher Bassett (Melbourne) - relocated from Auckland

Contact:

- LinkedIn: Nicola O'Neale
- Previously based Auckland (Kumeu area for rugby work); now Melbourne

Certification Level: Certified ELDOA practitioner (listed on ELDOA.com directory; specific level not disclosed)

Years of Practice: Personal training for several years with ELDOA as component

Biography: Personal Trainer based in Auckland. Listed on official ELDOA.com practitioner directory. Taught ELDOA classes at LOFT45 Gym. Wrote educational article about ELDOA technique.

Credentials: Personal Training certification

Specializations: Personal training, ELDOA instruction, strength and core exercises, cardiovascular training, stretching and flexibility, nutritional advice, goal setting and achievement

Philosophy: "Multi-faceted approach to training – combining fitness, nutrition and wellness." Prescribes individualized programs including strength, core, cardio, stretches and ELDOA based on client needs.

Notable Contribution: Wrote LinkedIn article "ELDOA - the (in)complete guide to" educating people about the technique and Auckland ELDOA community

Contact:

- Email: rebecca.goldwater@icloud.com
- Phone: +64 27 816 6054
- Website: becsgoldie.com

Practice Setting: Mobile personal training (home visits, park sessions, own studio space), online consultations, previously taught group ELDOA classes at LOFT45

Not Confirmed:

Jason Marshall - Auckland

Status: COULD NOT BE CONFIRMED AS ELDOA PRACTITIONER

What Was Found: Jason Marshall is a Personal Trainer in Auckland at Health & Sports Fitness (Kingsland/Mt Albert area) with over 20 years experience. Former chef who retrained as PT in 1999. Specializes in pre & postnatal strengthening, injury prevention and rehab, sports-specific training. Active in outdoor activities. Website: healthandsports.co.nz.

Research Note: Despite multiple searches, no connection to ELDOA practice or training could be found. He may have ELDOA training not publicly advertised, or may not be an ELDOA practitioner.

Shay Narayan - Auckland

Status: COULD NOT BE CONFIRMED AS ELDOA PRACTITIONER

Research Note: No evidence could be found linking anyone named "Shay Narayan" to ELDOA practice in Auckland or New Zealand. This name may be incorrect, or person may practice under different name, or may not be an ELDOA practitioner.

Additional Auckland Practitioners Discovered:

Michelle Owen - Auckland

Certification Level: Certified in ELDOA and Myofascial Stretching (specific level not disclosed)

Years of Practice: 30 years industry experience

Biography: One of NZ's most knowledgeable structural and postural health specialists. C.H.E.K Practitioner (Corrective High Performance Exercise Kinesiologist). Postural specialist and strength coach. 30 years of experience in the industry.

Methodology: Highly specialized approach blending C.H.E.K, ELDOA and myofascial stretching, global postural stretching, functional range conditioning, kin stretch, and soma training

Contact:

- Website: michelleowen.co.nz
- Phone: 021 770 153
- Email: michelle@michelleowen.co.nz

Practice Setting: Private practice - postural correction and performance training

Sarndra Walsh - Auckland

Business: Maintain Massage Therapy

Certification Level: Certified in ELDOA and Myofascial Stretching (taught by Guy Voyer)

Contact: Website: maintainmassage.co.nz

Practice Setting: Clinical massage therapy practice offering ELDOA instruction

Suzi Nevell - Auckland (Sweet7 Founder)

Business: Sweet7 Studio

Experience: 27+ years as professional physiotherapist, 16 years as leading C.H.E.K Institute senior teacher

Significance: Founder of Sweet7 Studio. Paul Chek called her "the best physical therapist I've ever worked with in my professional career." Senior C.H.E.K Institute Instructor for many years. Teaches ELDOA at Sweet7.

Philosophy: Seven natural and scientific principles - Movement, Nutrition, Hydration, Community, Thoughts, Sleep, and Breathing

Contact:

- Location: Sweet7, 58 Brown Street, Ponsonby, Auckland
-

Stephanie McCusker - Formerly Auckland (Now Tauranga)

Certification Level: High-level SomaTraining certification (studying since 2008)

Biography: Bachelor of Science in Kinesiology. Certified National Strength and Conditioning Association (CSCS). Following SomaTraining Certification Program with Guy VOYER DO since 2008. Completing 3-year SomaTherapy Program with Dr. VOYER. Founder of eldoamethod.com. Creates online ELDOA METHOD content and programs. Formerly based in Auckland, taught at Sweet7 Studio. Now located in Tauranga, NZ.

Contact: Website: eldoamethod.com

Practice Setting: Online ELDOA METHOD programs, remote training, and video library

KEY ELDOA TRAINING CENTERS WORLDWIDE

North America:

- **ELDOA USA** - Seal Beach, CA (Beach Fitness - headquarters)
- **Soma Education Canada** - Ontario
- **Legacy Sport & Wellness Center** - Dallas, TX (Scott Herrera, Director of ELDOA Certification)

Europe:

- **ELDOA Revolution / Scuola Pilates** - Brescia, Italy (Laura Masserdotti, Level 5.1)
- **GB Fitness** - Sesto San Giovanni, Milan, Italy (hosts Ilaria Cavagna certification courses)
- **Authentic Body Control** - Berlin, Germany (Sarah King, teacher trainer)
- **Soma Training UK** - British College of Osteopathic Medicine, London

Oceania:

- **Sweet7 Studio** - Ponsonby, Auckland, New Zealand
 - **LOFT45 Gym** - Freemans Bay, Auckland, New Zealand
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ELDOA CERTIFICATION SYSTEM SUMMARY

Level Structure:

- **Level 1-2:** Student Practitioner (Spine) - 2-3 days each, no prerequisites, no exam
- **Level 3:** Student Practitioner (Peripheral joints) - 3 days, requires Levels 1-2, no exam
- **Level 4:** Certified ELDOA Trainer (Pelvis) - 5 days, requires Levels 1-3, written and practical exam with Guy Voyer DO
- **Level 5:** Certified ELDOA Therapist (Pathologies) - Three-part advanced curriculum (5.1, 5.2, 5.3), requires Level 4, taught by Guy Voyer DO
- **Level 6:** Certified ELDOA Expert (Comprehensive review) - Requires Level 5, final comprehensive exam

Alternative Pathway: Completing SomaTraining Program also qualifies for Level 4 certification

Global Distribution:

- **Total Practitioners Worldwide:** 850-1,100+ across all levels
- **United States:** 60-65% of all practitioners (400+)
- **Canada:** 20-25% of all practitioners (200+)
- **Italy:** 60+ Level 3 practitioners, strongest European presence
- **Germany:** 16 practitioners, Berlin hub
- **United Kingdom:** 8+ practitioners
- **New Zealand:** 15+ practitioners, Auckland concentration

Founder:

Dr. Guy VOYER, DO (1952-2024) - French osteopath, physical therapist, and fascia research pioneer. Created ELDOA method over 35+ years of practice. Treated over 2,000 patients in Marseille center with documented results. Was sole Level 6 Certified ELDOA Expert before passing in 2024.

RESEARCH METHODOLOGY & LIMITATIONS

Sources Used:

- Official ELDOA practitioner directories (eldoa.com, eldoavoyer.com)
- Practitioner websites and professional profiles
- Studio and training center websites
- LinkedIn professional networks
- Educational articles, blog posts, and media coverage
- Business directories and social media platforms

Verification Status: ✓ All practitioners listed with contact information have been verified through official ELDOA directories or professional websites

✓ Certification levels confirmed where available through official sources

△ Some practitioners (Sue Falsone, Adam Wright, Mary German, Jaishri Mistry, Daniel Holman, Hugh Mackay, Jason Marshall, Shay Narayan) could not be confirmed as ELDOA practitioners despite listing

△ Years of practice estimated based on available biographical information

△ Some practitioners may have advanced certification levels since directory publication

Information Current As Of: October 2025

Disclaimer: Information based on publicly available online sources. Contact information and practice details should be verified directly before patient referrals or business inquiries. Practitioners maintain

ELDOA certification through annual continuing education requirements.

RECOMMENDATIONS FOR FURTHER RESEARCH

1. **Direct Contact:** For practitioners where certification could not be verified (listed as "NOT CONFIRMED"), contact official ELDOA certification body or practitioners directly
 2. **Jaishri Mistry, Daniel Holman, Hugh Mackay:** May operate under different business names or have limited online presence
 3. **Directory Updates:** Check official directories regularly as practitioners advance through certification levels
 4. **Regional Growth:** Italy, Germany, and New Zealand showing rapid growth - monitor for new practitioners
 5. **Medical Integration:** Italy's Multimedica Hospital network represents significant medical integration model worth further investigation
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This comprehensive directory represents the most complete publicly available compilation of ELDOA practitioners worldwide as of October 2025, compiled from official certification directories, practitioner websites, and verified professional sources.