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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
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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
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- Instagram: [@samy_73_ferrari](#) [Instagram](#)

Francesca Bertelli - Brescia