

Name	Credentials	Years Practice	Background & Training	Specializations	Contact
<b>Laura Adams</b>	Level 4 ELDOA, Pilates/Yoga Certified, Pre/Postnatal Specialist <a href="#">ELDOAUSA</a>	10+ years	BA Dance (UC Irvine). Certified Studio Du Corps. Pilates & Yoga Moms Instructor, Assisting Program Director at Beach Fitness. Mother of two, passionate about body education. <a href="#">ELDOAUSA</a>	Pilates, Yoga, Barre, Pre/Postnatal care, SOMA Therapy/Training (Year 2) <a href="#">ELDOAUSA</a> <a href="#">eldoausa</a>	(562) 508-7535  <a href="#">laura</a>
<b>Lester Cruz</b>	Level 4 ELDOA, NSCA-CPT, FMS, TPI	10+ years	BS Kinesiology (CSU Long Beach). Director of Personal Training at Beach Fitness. Perpetual continuing	Golf-specific fitness, corrective exercise, personal training, mobile training <a href="#">ELDOAUSA</a> <a href="#">RocketReach</a>	(310) 707-8843  <a href="#">leste</a>

Name	Credentials	Years Practice	Background & Training	Specializations	Contact
Matthew Serrano	Level 4 ELDOA, NSCA-CPT, LMT	Multiple years	AA Political Science. Licensed Massage Therapist. Exercise specialist at ELDOAUSA. Mountain biking enthusiast.	Personal training, massage therapy, exercise prescription <a href="#">ELDOAUSA</a>	(310) 897-5899  <a href="#">matt</a>
Antoinette De La Espriella	Level 4 ELDOA	Multiple years	Group Fitness Instructor. Southern California native. Volleyball coach at Millikan High School. Traveled to 13 countries. Also works in real estate.	Group fitness, volleyball coaching, beach activities	(310) 818-8000  <a href="#">anto</a>

Name	Credentials	Years Practice	Background & Training	Specializations	Contact
<b>Nate Pok (Nickita)</b>	Level 4 ELDOA	Multiple years	Trainer at Beach Fitness, part of world-class facility team.	Personal training, ELDOA instruction	(714) 514-1734  <a href="#">nate</a>
<b>Fumiaki Isshiki</b>	DPT, Level 4 ELDOA	12+ years	DPT Loma Linda University (2012), Bachelor's PT Kobegakuin (Japan). Born/raised Japan, former Pilates instructor, played baseball, worked with Japanese pro baseball team. <a href="#">Darien Library</a> Founded Global Doctor of Physical Therapy.	Orthopedic, sports, pre/post-natal, men's health PT, vestibular therapy, pelvic floor dysfunction, back pain, incontinence, vertigo  <a href="#">Postural Restoration Institute +4</a>	Global DPT: 148 Main St 1110  <a href="#">fumiaki.isshiki</a> dpt.com

## SANTA MONICA (3 Practitioners)

Name	Credentials	Years Practice	Background & Training	Specializations	Notable Clients/Achievements	Contact
Pete Dack	Level 4 ELDOA	Multiple years	Owner/operator Tensegrity Fitness Training in Santa Monica.	Personal training, ELDOA instruction	-	1223 Wilshire 1882 pete@elsoa.com
Pamela Maloney	PhD, DHM, LAc, DiplOM, Level 4 ELDOA	40+ years	PhD, Doctor Homeopathic Medicine, Licensed Acupuncturist. Emperor's College (MTOM), Logan College. Published author of 4 books including "Fascia Cosmetic Acupuncture™." Taught Connective Tissue Cadaver Dissection at Pepperdine (8	Acupuncture, Chinese Herbology, Homeopathy, Ergonomics, Cosmetic Acupuncture, fascial therapy	A-List celebrities and industry notables. Featured in Self magazine, cable TV show.	2101 Ocean 5253 pamelamaloneymd@gmail.com

Name	Credentials	Years Practice	Background & Training	Specializations	Notable Clients/Achievements	Contact
<b>Wendy Shubin</b>	MSPAS, PA-C, C- IAYT, 500 RYT, Level 4 ELDOA	24+  years  OB/GYN	MSPAS Arcadia University (1999- 2001). 1000+ hour yoga therapy training.  PA at HRC Fertility. Sustained traumatic neck injury causing 4.5 years chronic headaches/vertigo - credits full recovery to osteopathy, yoga therapy, ELDOA. Studies with Dr. Guy Voyer, Bryce Turner, Brent Meier. Co-	OB/GYN, Reproductive Endocrinology, Yoga Therapy, CranioSacral Therapy, SOMA Therapist/Trainer (in training), fertility/posture connection	Featured speaker Fertility Summit. 100+ ON-DEMAND classes, LIVE Zoom Wed 6pm	934 15th St 6647  <u>sh</u>

Name	Credentials	Years Practice	Background & Training	Specializations	Notable Clients/Achievements	Contact
			Founder OC Positive Posture.			

---

## LOS ANGELES (6 Practitioners)

Name	Credentials	Years Practice	Background & Training	Specializations	Notable Clients/Achievements	Contact
<b>Andrew Hauser</b>	MS, LAT, RSCC, PRT, Level 4 ELDOA	14+ years	BS Athletic Training (Kansas, 2008), MS Performance Psychology (2020). Director of Performance Rehab LA Dodgers (2020 World Series championship). Director Player Health & Performance Atlanta Braves.  <a href="#">Premierespineandsport</a>  Now private practice Continuum High Performance (Phoenix).	Return to performance protocols, performance rehab, injury prevention, isometric training, MLB protocols	<b>LA Dodgers</b> (2020 World Series), <b>Atlanta Braves</b> .  <a href="#">Premierespineandsport</a>  Developed comprehensive RTP models for MLB. Featured in sports science podcasts.  <a href="#">Mysite +5</a>	

Name	Credentials	Years Practice	Background & Training	Specializations	Notable Clients/Achievements
Roy Page	DC, MS Sports Science, MTOM, LAc, CCSP, Level 4 ELDOA	Since 2012 at LA Sports & Spine	DC Logan College (MS Sports Science & Rehab), Emperor's College (MTOM). Head Associate with Dr. Craig Liebenson since 2012. Studied Yang Taijiquan since 1997 after severe football injury left him wheelchair-bound for year - Taijiquan major component teaching him to walk again. Studied with Dr. Yang Jwing-Ming and Grandmaster Kao Tao. Co-taught martial arts at Rhodes College (2001-2006).	Chiropractic, Acupuncture, Oriental Medicine, functional rehabilitation, martial arts integration, movement specialist <a href="#">lasportsandspine</a> <a href="#">lasportsandspine</a>	Past secretary International Society Clinical Rehabilitation Specialists
Maxwell Karish	Level 4 ELDOA, CPT, CHEK HLC2, CA	Multiple years, Year 3 SomaTraining	Santa Monica College. 900+ hours National Holistic Institute. Personal	ELDOA training, massage/bodywork, personal training, holistic lifestyle	Professional athletes weekend warriors, post-surgery rehabilitation

Name	Credentials	Years Practice	Background & Training	Specializations	Notable Clients/Achievements
	Massage Therapist		<p>experience with soft tissue injuries led to discovering lasting results through specific exercise, manual therapy, lifestyle modifications.</p> <p>Currently Year 3 of Guy Voyer's 3-year SomaTraining program. <a href="#">(LinkedIn)</a></p>	coaching, professional athletes, post-surgery rehab	
<b>Stephen Howell</b>	Level 4 ELDOA	Multiple years	Listed in official ELDOA directory.	ELDOA training	-
<b>Tara Lyn Emerson</b>	Level 4 ELDOA, ACE-CPT, Pre/Postnatal, Weight Management	Multiple years	<p>California native, daughter of pro tennis coach. Diagnosed with Charcot Marie Tooth disease (degenerative neuromuscular) as child - despite genetic condition, became strongest ever. Voted one of LA's Best</p>	TRX suspension training, ELDOA spinal therapy, stability/mobility, pre/postnatal, spinning instructor	<b>Featured trainer:</b> Popsugar Fitness, iFit by NordicTrack, TRX Training Club, FabFitFun, Equinox <b>instructor.</b> 174K+ Instagram followers. <a href="#">(Instagram)</a> ELDOA helped her grow 1.25 inches taller.