

Name	Credentials	Years Practice	Background & Training	Specializations	Contact
Laura Adams	Level 4 ELDOA, Pilates/Yoga Certified, Pre/Postnatal Specialist ELDOAUSA	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. ELDOAUSA	Pilates, Yoga, Barre, Pre/Postnatal care, SOMA Therapy/Training (Year 2) ELDOAUSA eldoausa	(562) 508-7535 laura@eldoausa.com
Lester Cruz	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 ELDOAUSA RocketReach	(310) 707-8843 lester@rocketreach.com

Name	Credentials	Years Practice	Background & Training education focus.	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 <div>ELDOAUSA</div>	(310) 897-5899 matt
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 anto

Name	Credentials	Years Practice	Background & Training	Specializations	Contact
Nate Pok (Nickita)	Level 4 ELDOA	Multiple years	Trainer at Beach Fitness, part of world-class facility team.	Personal training, ELDOA instruction	(714) 514-1734 nate
Fumiaki Isshiki	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. Darien Library Founded Global Doctor of Physical Therapy.	Orthopedic, sports, pre/post-natal, men's health PT, vestibular therapy, pelvic floor dysfunction, back pain, incontinence, vertigo Postural Restoration Institute +4	Global DPT: 148 Main S 1110 fumiaki.issshiki 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 Wilshi 1882 pe
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 pa

Name	Credentials	Years Practice	Background & Training	Specializations	Notable Clients/Achievements	Contact
			years). Agape Choir member (performed with John Legend at DNC).			
Wendy Shubin	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 sh

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
Andrew Hauser	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. Premierespineandsport Now private practice Continuum High Performance (Phoenix).	Return to performance protocols, performance rehab, injury prevention, isometric training, MLB protocols	LA Dodgers (2020 World Series), Atlanta Braves.
					Premierespineandsport Developed comprehensive RTP models for MLB. Featured in sports science podcasts. Mysite +5

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). lasportsandspine	Chiropractic, Acupuncture, Oriental Medicine, functional rehabilitation, martial arts integration, movement specialist lasportsandspine lasportsandspine	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		experience with soft tissue injuries led to discovering lasting results through specific exercise, manual therapy, lifestyle modifications. Currently Year 3 of Guy Voyer's 3-year SomaTraining program. LinkedIn	coaching, professional athletes, post-surgery rehab	
Stephen Howell	Level 4 ELDOA	Multiple years	Listed in official ELDOA directory.	ELDOA training	-
Tara Lyn Emerson	Level 4 ELDOA, ACE-CPT, Pre/Postnatal, Weight Management	Multiple years	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	TRX suspension training, ELDOA spinal therapy, stability/mobility, pre/postnatal, spinning instructor	Featured trainer: Popsugar Fitness, iFit by NordicTrack, TRX Training Club, FabFitFun. Equinox instructor. 174K+ Instagram followers. Instagram ELDOA helped her grow 1.25 inches taller.