

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
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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
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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
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Shannon Cooney - Berlin

Certification Level: Level 3 & Level 4 Certified ELDOA Trainer

Contact:

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