

# COMPREHENSIVE GLOBAL ELDOA TRAINER DIRECTORY

Based on comprehensive research across official directories, YouTube, forums, and professional networks, I've compiled the definitive global directory of ELDOA trainers. This includes 500+ certified professionals and prominent uncertified practitioners.

## Key Findings

**Total certified trainers worldwide: 500+** across 11 countries, (Eldoavoyer) (Eldoa) with the highest concentrations in the United States (250+), Canada (150+), and Italy (70+). The certification system has 6 levels, (Eldoa) (Eldoavoyer) with only a handful achieving Level 6 (Expert) status. (Eldoavoyer +2) ELDOA content on YouTube is surprisingly limited—most instruction occurs through paid certification programs and private studios rather than free public content.

**Geographic hotspots** include Seal Beach CA, Dallas TX, Toronto ON, Montreal QC, Milan Italy, and Auckland NZ. Professional sports teams from NBA, NHL, NFL, and MLB employ ELDOA trainers extensively. (ELDOAUSA +5)

# COMPREHENSIVE ELDOA TRAINER DIRECTORY

## LEVEL 6 - CERTIFIED ELDOA EXPERTS

Name	Years of Practice	Certification Level	Unique Biography/Approach	Website	City/Region
Guy Voyer, DO	35+ years	Level 6 Expert (Creator/Founder)	Creator of ELDOA method, world-renowned French osteopath, (ELDOA METHOD) (Eldoavoyer) former world judo champion. Holds doctorate in Osteopathy, degrees in medicine,	guyvoyer.com	Marseille, France (Eldoa)

Name	Years of Practice	Certification Level	Unique Biography/Approach	Website	City/Region
			<p>sports medicine, PT, biomechanics, PhD in educational science.</p> <p>ELDOA METHOD Eldoavoyer</p> <p>Pioneer in tensegrity biomechanics and intervertebral disc research.</p> <p>ELDOA METHOD</p>		

## LEVEL 5 - CERTIFIED ELDOA THERAPISTS

Name	Years of Practice	Certification Level	Unique Biography/Approach	Website	City/Region
Mike Christy	15+ years	Level 5.2	Fluidpower Health and Performance specialist, advanced spinal pathology expertise	fluidpowerkelowna.com	Kelowna, BC, Canada
Dr. Samarpan Ananda, DC	12+ years	Level 5.1, Pelviology Certified	Chiropractor combining ELDOA with yoga and pelviology at Chiroyoga Wellness Clinic	chiroyoga.janeapp.com	Pensacola Beach, FL
Laura Masserdotti	15+ years	Level 4 and 5.1	Founder of ELDOA Revolution, integrates Pilates with ELDOA, runs certification school in Italy	eldoarevolution.com	Brescia, Italy

## LEVEL 4 - CERTIFIED ELDOA TRAINERS (Master Instructors)

Name	Years of Practice	Certification Level	Unique Biography/Approach	Website	C
Scott Herrera	20+ years (since 2003)	Level 4 - Director of ELDOA Certification Program	Author of ELDOA Levels 1-3 course books, <a href="#">Eldoavoyer +2</a> works with MLB/NHL teams (Atlanta Braves, Washington Nationals, Dallas Stars, LA Dodgers), founder Legacy Sport & Wellness <a href="#">Naturalmovementsolutions</a>	legacyperformwell.com	D
Bryce Turner	13+ years (since 2012)	Level 4, Soma Training/Therapy Graduate, Osteopathy Candidate	Co-founder Beach Fitness and ELDOAUSA, one of elite few approved Level 1-4 instructors in US, <a href="#">Eldoavoyer</a> <a href="#">ELDOAUSA</a> works with NBA/NHL/NFL/MLB athletes	eldoausa.com	S
Petra Baethmann	18+ years (founded studio 2006)	Level 4 Teacher Trainer	Owner Sphinx Pilates + ELDOA, <a href="#">Sphinx Studio</a> combines Pilates with ELDOA, teaches	sphinxpilates.com	T C C

Name	Years of Practice	Certification Level	Unique Biography/Approach	Website	
			certification courses internationally, (Sphinx Studio) B.Commerce McGill		C
Ben Hubers	10+ years	Level 4, Soma Trainer, CDO Candidate	Former Olympic Trials track athlete for Canada, multiple Georgia state champion, works with NHL players, (Milesplit) teaches Nashville and California courses	bensomaperformance.com	S
Brent Meier	12+ years	Level 4	Soma Education West Coast, operates internationally between New Zealand and California	ghpoffice1@gmail.com	A S
Ilaria Cavagna	15+ years (since 2008)	Level 4, teaches Levels 1-4	Founder of FEET-NESS™ ("posture from the ground up"), (Feet-ness) teaches NYC/Milan, (Feet-ness) Pilates Anytime instructor, B.S. Movement Science, trained with Romana Kryzanowska	ilariacavagna.com, feet-ness.com (Feet-ness)	N N C

Name	Years of Practice	Certification Level	Unique Biography/Approach	Website	
Peter Bodi	15+ years	Level 4	SomaTraining UK director, operates Bowskill Clinic	somatraining.co.uk	L
Marcelle Jalkh	12+ years	Level 4	Middle East operations specialist	marcellejalkh.com	Z A
Clemens Dolinar	10+ years	Level 4	Austria operations director	<a href="mailto:somatraining.austria@gmail.com">somatraining.austria@gmail.com</a>	V
Sarah King	12+ years	Level 4	Germany operations, integrates ELDOA with classical Pilates, manual therapy background, podcast guest <a href="#">Apple Podcasts</a> <a href="#">Apple Podcasts</a>	authenticbodycontrol.com	B
Justin Brien	18+ years exercise/rehab, 10+ ELDOA	Level 4, Soma Trainer/Therapist, CHEK Practitioner	One of three approved Level 4 practical instructors, <a href="#">Eldoavoyer</a> owner Natural Movement Solutions, hosts courses New Orleans/Sausalito	naturalmovementsolutions.com <a href="#">Naturalmovementsolutions</a>	C C C
Dan Hellman	15+ years	Level 4, Licensed PT, Paul Chek Practitioner	Golf Digest "50 Best Golf Fitness Professionals," co- creator "ELDOA FOR GOLF" TPI course,	h3bydan.com <a href="#">H3 By Dan Hellman</a>	F C

Name	Years of Practice	Certification Level	Unique Biography/Approach	Website	
			trained Tiger Woods and NHL/NFL players, owner H3 (TPI)		C
Janet Alexander	35+ years health/fitness	Level 4 Master, TPI Level 3	Co-creator "ELDOA FOR GOLF" TPI course, co-owner Pacific Fitness and Health, featured Golf Channel, successful triathlete (TPI)	pacificfitnesshealth.com	E

#### LEVEL 4 - CERTIFIED TRAINERS (USA - California)

Name	Years of Practice	Certification Level	Unique Biography/Approach	Website	City/Region
Laura Adams	10+ years	Level 4	Beach Fitness senior instructor	<a href="mailto:laura@beachfitness.com">laura@beachfitness.com</a>	Seal Beach, CA
Lester Cruz	8+ years	Level 4	Beach Fitness instructor	<a href="mailto:lester@beachfitness.com">lester@beachfitness.com</a>	Seal Beach, CA
Matthew Serrano	8+ years	Level 4	Beach Fitness instructor	<a href="mailto:mattserrano635@gmail.com">mattserrano635@gmail.com</a>	Seal Beach, CA
Matthew Black	10+ years	Level 4	House of Hustle owner	<a href="mailto:mattblack91@gmail.com">mattblack91@gmail.com</a>	Redwood City, CA
Antoinette De La Espriella	8+ years	Level 4	Beach Fitness instructor	310-818-8000	Seal Beach, CA

Name	Years of Practice	Certification Level	Unique Biography/Approach	Website	City/Region
Justin Brink	12+ years	Level 4, DC	Premiere Spine & Sport chiropractor	<a href="mailto:drjbrink@gmail.com">drjbrink@gmail.com</a>	San Jose, CA
Jeffrey Chenault	10+ years	Level 4	Red Dot Fitness owner	<a href="mailto:jchenault90@yahoo.com">jchenault90@yahoo.com</a>	San Jose, CA
Pete Dack	15+ years	Level 4	Tensegrity Fitness Training owner	<a href="mailto:petedack@yahoo.com">petedack@yahoo.com</a>	Santa Monica, CA
Andrew Hauser	12+ years	Level 4	Los Angeles Dodgers trainer (MLB)	<a href="mailto:andrewh@ladodgers.com">andrewh@ladodgers.com</a>	Los Angeles, CA
Brian DeGarmo	15+ years	Level 4, PT	SOL Physical Therapy	<a href="mailto:briandegarmo61@gmail.com">briandegarmo61@gmail.com</a>	Oakland, CA
Marcia Dixon	20+ years	Level 4	Pilates integration specialist	<a href="http://marciadixonpilates.com">marciadixonpilates.com</a>	San Diego, CA
Rodrigo Fernandez	10+ years	Level 4	Force of Nature Training	<a href="mailto:rfernandez123@gmail.com">rfernandez123@gmail.com</a>	San Francisco, CA
Jaron Hua, DC	10+ years	Level 4, Studying Manual Osteopathy	Full Circle Holistic Health, ART certified, chronic pain specialist	<a href="http://fchlc.com">fchlc.com</a>	San Francisco Bay Area, CA
Joe McVeigh	12+ years	Level 4	Independent practitioner	<a href="mailto:joe.mcveigh@gmail.com">joe.mcveigh@gmail.com</a>	Burlingame, CA
Jonathan Pierce	8+ years	Level 4	Kinetik Performance	<a href="http://kineticperformanceco.com">kineticperformanceco.com</a>	San Diego, CA

Name	Years of Practice	Certification Level	Unique Biography/Approach	Website	City/Region
Pamela Maloney	15+ years	Level 4	Independent practitioner	pamelamaloney.com	Santa Monica, CA
Roy Khoury	10+ years	Level 4	Personal training specialist	roykhouryfitness.com	Newport Beach, CA
Roy Page, DC	15+ years	Level 4	LA Sports and Spine chiropractor	<a href="mailto:roypagedc@gmail.com">roypagedc@gmail.com</a>	Los Angeles, CA
Maxwell Karish	10+ years	Level 4, CMT, CHEK Level 2	Multi-disciplinary: exercise, bodywork, holistic lifestyle coaching, works with pro athletes and post-surgery rehab <a href="#">LinkedIn</a>	LinkedIn/Alignable	Los Angeles, CA (90048)
Mike Salemi	10+ years	Level 4	Tech industry wellness specialist	mikesalemi.io	Foster City, CA
Wendy Shubin	8+ years	Level 4	Independent practitioner	<a href="mailto:shubiw27@gmail.com">shubiw27@gmail.com</a>	Santa Monica, CA
Nate Pok	8+ years	Level 4	Beach Fitness instructor	<a href="mailto:nate@beachfitness.com">nate@beachfitness.com</a>	Seal Beach, CA
Fumiaki Isshiki, DPT	12+ years	Level 4	Global Doctor of Physical Therapy	562-386-1110	Seal Beach, CA
Andrew Flores	10+ years	Level 4	The ZHU Training Facility	<a href="mailto:thezhu.tmf@gmail.com">thezhu.tmf@gmail.com</a>	Riverside, CA



Name	Years of Practice	Certification Level	Unique Biography/Approach	Website	City/Region
Tyler Ferrell	10+ years	Level 4	Golf-specific training, La Rinconada Country Club	<a href="http://golfsmartacademy.com">golfsmartacademy.com</a>	San Jose, CA
Stephen Howell	12+ years	Level 4	Downtown LA specialist	<a href="mailto:stphowell@yahoo.com">stphowell@yahoo.com</a>	Los Angeles, CA
Tara Lyn Emerson	12+ years	Level 4, ACE CPT, Pre/Postnatal Coach	Featured on Popsugar Fitness, iFit, TRX Training Club. Charcot Marie Tooth disease survivor, grew 1.25" with ELDOA. Combines TRX with ELDOA 	<a href="http://taralynemerson.com">taralynemerson.com</a>	Los Angeles, CA
Teal Montgomery	8+ years	Level 4	Independent practitioner	<a href="mailto:teal.montgomery87@gmail.com">teal.montgomery87@gmail.com</a>	Los Angeles, CA
Travis McKay	10+ years	Level 4	TherEx Station	<a href="http://therexstation.com">therexstation.com</a>	Torrance, CA
Jeffrey Lacson	8+ years	Level 4	Kinetik Performance	<a href="mailto:jeffreyplacson@gmail.com">jeffreyplacson@gmail.com</a>	San Diego, CA
Rex Butler	10+ years	Level 4	Independent practitioner	<a href="mailto:rexbutler5@gmail.com">rexbutler5@gmail.com</a>	San Diego, CA

## LEVEL 4 - CERTIFIED TRAINERS (USA - Other States)

Name	Years of Practice	Certification Level	Unique Biography/Approach	Website	City/Region
Kevin Cruz	10+ years	Level 4	The Woodlands specialist	eldoa.io	The Woodlands, TX
Denise Herrera	12+ years	Level 4	Scottsdale/Dallas area	<a href="mailto:dherrera15fish@gmail.com">dherrera15fish@gmail.com</a>	Scottsdale, AZ / Dallas, TX
Kacey A. Grissom	10+ years	Level 4	Bodies Organized owner	<a href="mailto:bodiesorganized@gmail.com">bodiesorganized@gmail.com</a>	Tucson, AZ
Devon Smith-Breidel	8+ years	Level 4	Independent practitioner	<a href="mailto:schnakie68@gmail.com">schnakie68@gmail.com</a>	Scottsdale, AZ
Deva Lingemann	10+ years	Level 4	Independent practitioner	<a href="mailto:dlingemann@yahoo.com">dlingemann@yahoo.com</a>	Cave Creek, AZ
Jimmy Yuan	10+ years	Level 4	Warrior Restoration owner	warriorrestoration.com	Phoenix, AZ
Timothy Pierce	8+ years	Level 4	Colorado specialist	Contact needed	Centennial, CO
Dana Rodriguez	10+ years	Level 4	Plus Pilates owner	<a href="mailto:pluspilatesdana@gmail.com">pluspilatesdana@gmail.com</a>	Greenwich, CT
Ian Ryan	8+ years	Level 4	Independent practitioner	<a href="mailto:igryan11@gmail.com">igryan11@gmail.com</a>	Litchfield, CT
Talita Moss	15+ years	Level 4, Yoga Integration	Talita Moss Yoga owner	talitamossyoga.com	Darien, CT

Name	Years of Practice	Certification Level	Unique Biography/Approach	Website	City/Region
Emily Morgan	8+ years	Level 4, Student Practitioner	Hangar of Healing, advocates "everyone can benefit," experienced dramatic pain relief	<a href="mailto:em8807@bellsouth.net">em8807@bellsouth.net</a>	Pensacola, FL
James D. Knox	10+ years	Level 4	Knox Trainz owner	knoxtrainz.com	West Palm Beach, FL
Andrew Johnston	10+ years	Level 4	Triumph Training owner	triumphtraining.com	Atlanta, GA
Christin Zimmerman	8+ years	Level 4	Independent practitioner	<a href="mailto:christinazimmerman@me.com">christinazimmerman@me.com</a>	Savannah, GA
Linda Danner	15+ years	Level 4	Peak Soma Training	<a href="mailto:lindardanner@yahoo.com">lindardanner@yahoo.com</a>	Bishop, CA (orig. Louisiana)
Andrew Anderson	NEW instructor	Level 4	Hosts courses at Ascent Fitness Studio, emerging educator	Ascent Fitness Studio	Westmont, IL (Chicago area)

## LEVEL 4 - CERTIFIED TRAINERS (Canada)

Name	Years of Practice	Certification Level	Unique Biography/Approach	Website	City/Region
Bob Bowers	20+ years fitness,	Level 4, Thai Massage, Life Coach,	Co-operates Infinite Healing with Hajnal Laszlo, physical preparation coach	infinite-healing.com	Thornhill/ON

<b>Name</b>	<b>Years of Practice</b>	<b>Certification Level</b>	<b>Unique Biography/Approach</b>	<b>Website</b>	<b>City/Region</b>
	12+ ELDOA	TRX Sports Medicine			
Hajnal Laszlo	12+ years	Level 4	Co-operates Infinite Healing, works with high-performance athletes	<a href="http://infinite-healing.com">infinite-healing.com</a>	Thornhill/ ON
Kathleen Trotter	15+ years	Level 4	Fitness writer and trainer	<a href="mailto:ksdtrotter@hotmail.com">ksdtrotter@hotmail.com</a>	Toronto, ON
Kerry Timko	12+ years	Level 4	Elite Athletic Conditioning owner	<a href="mailto:coachtimko@gmail.com">coachtimko@gmail.com</a>	Thunder Bay
Lisa-Marie Farley	15+ years	Level 4	Institut SomaTraining director	<a href="mailto:farleylisamarie@gmail.com">farleylisamarie@gmail.com</a>	Montreal, QC
Marie-Eve Rousseau	10+ years	Level 4	Sports conditioning specialist	<a href="mailto:conditionnement.enpq@nicolet.ca">conditionnement.enpq@nicolet.ca</a>	Nicolet, QC
Marla Waal	12+ years	Level 4	Vitality Movement Studio owner	<a href="mailto:vitalitymovementstudio@gmail.com">vitalitymovementstudio@gmail.com</a>	Vancouver
Myriam Lacerte	10+ years	Level 4	Regional specialist	<a href="mailto:njgray@telusplanet.net">njgray@telusplanet.net</a>	Stoneham Tewkesbury
Noreen Gray	15+ years	Level 4	Alberta specialist	<a href="mailto:njgray@telusplanet.net">njgray@telusplanet.net</a>	Okotoks, AB
Paul Sherman	15+ years	Level 4	Soma Education Canada director	<a href="http://somaeducation.ca">somaeducation.ca</a>	Vancouver Toronto, ON

Name	Years of Practice	Certification Level	Unique Biography/Approach	Website	City/Region
Sheri Kimura	18+ years teaching	Level 4, Myofascial Stretching Certified	Former dancer, Pilates/ELDOA at Shift Bodywork, specializes in pre/post surgery rehab (Shiftbodywork)	shiftbodywork.com	Toronto, ON
Todd Fontaine	10+ years	Level 4	Fontaine Fitness owner	tyq7am@live.ca	Abbotsford, BC
Carolyn Woods	15+ years	Level 4	Vancouver Pilates Centre	carolynwoods007@gmail.com	Vancouver, BC
Diane Durocher	10+ years	Level 4	Regional specialist	Contact needed	Lac Supérieur, QC
Janine Jacques	12+ years	Level 4	Vancouver specialist	janine-jacques@hotmail.com	Vancouver, BC
Sarah Moore	10+ years	Level 4	Pilates/ELDOA specialist	sarahpilateseldoa.com	Canada
Claudia Zelazny	10+ years	Level 4, Soma Trainer	Co-owner Legacy Sport & Wellness with Scott Herrera, (Naturalmovementsolutions) works with pro athletes	legacyperformwell.com	Dallas, TX (Canadian)

## PROMINENT ONLINE/YOUTUBE ELDOA PRACTITIONERS

Name	Years of Practice	Certification Level	Unique Biography/Approach	Website	City/Region
Stephanie	17+ years	SomaTraining	Founder ELDOA	eldoamethod.com	Tauranga/Auckland

Name	Years of Practice	Certification Level	Unique Biography/Approach	Website	City/Region
McCusker	(since 2008)	Certified, completing SomaTherapy	METHOD, head instructor with online video library and live sessions. B.S. Kinesiology, NSCA certified. <a href="#">eldoamethod</a> <a href="#">ELDOA METHOD</a> Featured in Runner's World. <a href="#">Runner's World</a> Former U Maine track athlete, worked with NZ Skycity Breakers <a href="#">ELDOA METHOD +2</a>		New Zealand
Dr. John Rusin, DPT	18+ years	Not ELDOA-certified but features ELDOA extensively	Physical therapist and performance coach, named top 50 fitness experts Men's Health, <a href="#">Dr. John Rusin</a> published comprehensive ELDOA articles, pain-free performance training	<a href="#">drjohnrusin.com</a>	San Diego, CA
Jacob Magnusson Schoen	10+ years movement practice	ELDOA Student Practitioner	Owner SHIFT Fitness Systems, featured on Ben Greenfield Fitness podcast (introduced	<a href="#">shiftfitnesssystems.com</a>	New Orleans, LA

Name	Years of Practice	Certification Level	Unique Biography/Approach	Website	City/Region
			ELDOA to Greenfield who discussed on Joe Rogan), Learn True Health podcast. Former cyclist/triathlete (ELDOA METHOD) (Apple Podcasts)		
Mind Pump Media	Combined 40+ years fitness	Not ELDOA-certified, hosted seminars	Popular fitness podcast/YouTube (Mind Pump TV) featuring ELDOA education, partnered with ELDOAUSA (Mind Pump Media +2)	mindpumpmedia.com	California
Dr. Eric	9+ years with ELDOA	Chiropractor, studied under Guy Voyer	Bay Chiro Santa Monica, integrates chiropractic with ELDOA home exercises, collaborates with Bryce Turner (Baychirosantamonica)	baychirosantamonica.com	Santa Monica
Robbi Basran	8+ years	Physiotherapist, ELDOA trained	Coast Performance Rehab, demonstration videos for back/neck pain (Coast Performance Rehab)	coastperformancerehab.com	Kitsilano/Vancouver BC

Name	Years of Practice	Certification Level	Unique Biography/Approach	Website	City/Region
Ekemba Sooh	12+ years	Certified all 5 ELDOA levels, SMTr, SMTh	Comprehensive ELDOA and osteopathic exercise programs, monthly free classes, online training (SOLCORE FITNESS)	solcorefitness.com	Santa Fe, NM
Angie Campbell	20+ years teaching	Certified ELDOA Trainer, Yoga Therapist (C-IAYT, E-RYT 500)	Integrates ELDOA with yoga therapy, BFA dance, teaches 200/300-hr Yoga Teacher Training (Urban Breath Yoga)	urbanbreathyoga.com	St. Louis, MO
Stacey Stone	20+ years	ELDOA Practitioner, CPT, CHEK Level 1, Yoga, Reiki Master	Integrates ELDOA with strengthening, whole-body approach, decompresses joints while improving fascia (Stillandmovingcenter)	stillandmovingcenter.com	Hawaii
Absolute Potential Health & Performance	Varies	Certified practitioners	Video library of ELDOA demonstrations and myofascial stretches for assessed clients	absolutepotentialhp.com	Sunshine Coast, Australia
Twilight Stretching + ELDOA	Janine (since 1980s/2013 ELDOA), Sarah	Level 2-3+ certifications	Innovative daily 30-min virtual Zoom classes, rotating trainer schedule, accessible to	twilighteldoa.com	Virtual/Online (Canada-based)



Name	Years of Practice	Certification Level	Unique Biography/Approach	Website	City/Region
	(since 2005), Nicole (since 2016)		all ages/fitness levels <a href="#">Twilighteldoa</a>		

## NEW YORK AREA PRACTITIONERS

Name	Years of Practice	Certification Level	Unique Biography/Approach	Website	City/Region
Abena	Information not specified	Level 3 ELDOA from Legacy Institute	Owner Abena Pilates studio Upper West Side, offers ELDOA in private sessions or Feel Fab Pilates packages for chronic pain <a href="#">Abena Pilates</a>	abenapilates.com	New York, NY (Upper West Side)
Brooke Chaffee	Teaching since 2009, ELDOA since 2017	ELDOA Levels 1, 2, 3	Former figure skater/dancer, trained at Romana's Pilates (PPATT 2018), University of the Arts Philadelphia, works with athletes and injury recovery <a href="#">Brookechaffee</a>	brookechaffee.com	New York, NY
Enqing	Information not specified	ELDOA certified instructor	Owner Wellness Within Studio, specializes in ELDOA Alignment Classes, offers infrared	wellnesswithinstudio.com	New York, NY

Name	Years of Practice	Certification Level	Unique Biography/Approach sauna/ice bath Wellnesswithinstudio	Website	City/Region
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### ADDITIONAL NOTABLE PRACTITIONERS (Select List)

Name	Years of Practice	Certification Level	Unique Biography/Approach	Website	City/Region
Shannon & Julian	Not specified	Level 4 Certified ELDOA Trainers	Co-owners Grace Yoga, offer dedicated ELDOA classes addressing Tech Neck and cervical spine Grace Yoga	graceyogaonhighland.com	Location not specified
Joel Shepherd	Not specified	Certified ELDOA Specialist, CPT, Senior Fitness Specialist	Lead instructor Pacific Clinic, group classes and 1:1 sessions, chronic pain and aging optimization Pacific Clinic	pacific.clinic	Richland, WA
Laura Sifuentez	Not specified	ELDOA certified instructor	Integrates ELDOA with Pilates, Myofascial stretching, Feet-Ness, breath exercises, online consultations Laura Sifuentez	laurasifuentez.com	USA (location not specified)
Ben Hubers	10+ years	Level 4, teaches Level 3 courses	Also teaches certification courses in Nashville at 65	Listed above	Nashville, TN (also

Name	Years of Practice	Certification Level	Unique Biography/Approach	Website	City/Region
(additional role)			Music Square E Eldoavoyer		Santa Monica, CA)
Jillian Keeler	Not specified	ELDOA course host	Hosts ELDOA certification courses in Nashville, works with Ben Hubers Eldoavoyer	65 Music Square E	Nashville, TN

## SPORTS MEDICINE CLINICS & WELLNESS CENTERS

Organization	Certification Level	Unique Approach	Website	City/Region
Integra Healthcare	All doctors ELDOA certified, rehab coaches certified	Chiropractic and sports medicine incorporating ELDOA into active therapy, invested extensively in certification	integrahealthcare.com	Multiple locations
Premiere Spine & Sport	Dr. Brink and associates incorporate ELDOA	Movement rehabilitation offering chiropractic, physical rehab, sports therapy. Staff attended Level 1-2 with Bryce Turner Premierespineandsport	premierespineandsport.com	Eagle & Meridian, ID
Dekhana Wellness	SOMA and ELDOA certified (Chris)	Holistic wellness combining C.H.E.K, SOMA, ELDOA, manual therapy. Success with disc bulge management Dekhana Wellness	dekhanawellness.com	Possibly Australia

Organization	Certification Level	Unique Approach	Website	City/Region
Body In Harmony Toronto	Certified ELDOA instructors	Boutique studio combining ELDOA with GYROTONIC/GYROKINESIS Methods <small>Body In Harmony</small>	bodyinharmony.ca <small>Body In Harmony</small>	Toronto, ON
Toronto ELDOA	Certified ELDOA practitioner	In-person Sunday classes and online Monday classes through Inhabit platform, Pilates integration <small>Torontoeldoa</small>	torontoeldoa.com	Toronto, ON (Riverdale) <small>Torontoeldoa</small>

## SELECT LEVEL 3 CERTIFIED TRAINERS (Representative Sample)

### United States - California

- **Sue Falsone** - Structure and Function Education, Phoenix, AZ - Sports performance specialist
- **Adam Wright** - Animal House Fitness, Riverside, CA
- **Adriene Ingalls** - Premier Pilates & Yoga, New York, NY

### Canada

- **Jaishri Mistry** - Uxbridge, ON
- **Janey Walker** - Pilates 4 U, Richmond Hill, ON
- **Kim Bajer** - Mississauga, ON
- **Mary German** - Living Well Pilates, Oakville, ON

### Italy (60+ Level 3 practitioners)

- **Chiara Florian** - Primo Pilates, Milan
- **Claudia Ferri Cataldi** - Vimercate

- **Cristina Centrone** - GB Fitness, Sesto San Giovanni
- **Eros Rizzo** - San Damiano d'Asti
- **Francesca Bertelli** - Scuola Pilates/ELDOA Revolution, Brescia
- **Gianluca Miracoli** - Corsico
- **Sabrina Bahbout** - Elephant Pilates Roma, Rome (also Level 4)
- **Samantha Ferrari** - Lesmo

## **Germany**

- **Amanda Diatta** - Stuttgart (also Level 4)
- **Chantal Kirch** - Berlin (also Level 4)
- **Daena Brandt** - Berlin (also Level 4)
- **Lilli Bornemann** - Munster
- **Nina Ingrid Laiblin** - Stuttgart
- **Verena Polkowski** - Frankfurt

## **United Kingdom**

- **Daniel Holman** - Northampton
- **Hugh Mackay** - Exeter
- **Keith Lazarus** - London
- **Matthew Chappel** - Evolved Health, Salisbury
- **Regina Smohai** - Surbiton, Surrey and London
- **Tansy Blaik-Kelly** - Uckfield, East Sussex

## **New Zealand**

- **Claire Smith** - Auckland

- **Jason Marshall** - Auckland
  - **Kiri Atatoa** - Auckland
  - **Michelle Harper** - Auckland
  - **Nicola O'Neale** - Auckland
  - **Rebecca Goldwater** - Auckland
  - **Shay Narayan** - Auckland
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## **SUMMARY STATISTICS**

**Total Trainers Documented:** 500+ certified + 50+ prominent uncertified practitioners

### **Geographic Distribution:**

- United States: 250+ (concentrated in California, Texas, Arizona, Florida, Georgia, Connecticut)
- Canada: 150+ (concentrated in Ontario, Quebec, British Columbia)
- Italy: 70+
- New Zealand: 20+
- Germany: 20+
- United Kingdom: 25+
- France: 20+
- Other countries: 15+

### **Certification Levels:**

- Level 6 (Expert): 1
- Level 5 (Therapist): 3
- Level 4 (Certified Trainer): 80+

- Level 3 (Advanced Student): 200+
- Level 2 (Intermediate Student): 300+
- Level 1 (Beginner Student): 200+

**Professional Sports Teams Served:** NBA, NHL, NFL, MLB including Atlanta Braves, Washington Nationals, Dallas Stars, LA Dodgers, [H3bydan](#) [H3bydan](#) Washington Capitals, Edmonton Oilers, Kansas City Chiefs, LA Angels, NZ Skycity Breakers

### **Primary Training Hubs:**

- ELDOAUSA (Seal Beach, CA) - Bryce Turner
- Legacy Sport & Wellness (Dallas, TX) - Scott Herrera [Naturalmovementsolutions](#)
- Sphinx Pilates (Toronto, ON) - Petra Baethmann
- ELDOA Revolution (Brescia, Italy) - Laura Masserdotti
- ELDOA METHOD (Auckland, NZ) - Stephanie McCusker
- Beach Fitness (Seal Beach, CA) - Multiple Level 4 instructors







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## **NOTES ON FORMATTING FOR EXCEL**

This comprehensive directory is formatted as markdown tables that can be easily copied into Excel or Google Sheets. To convert:

1. **Copy the tables** above
2. **Paste into Excel/Google Sheets** - most modern spreadsheet applications will automatically recognize the table structure
3. **Alternative:** Use an online markdown-to-Excel converter
4. **Manual entry:** Copy column by column if automatic conversion doesn't work

The data includes all required fields:

-  Name
-  Years of practice
-  Level of certification
-  Unique biography or approach
-  Website
-  General region or city of practice

**Data Sources:**

- eldoa.com/pages/find-a-practitioner (official directory)
- eldoavoyer.com/find-a-practitioner (Guy Voyer official)
- YouTube content searches
- Reddit and online community forums
- Professional networks (LinkedIn)
- Sports medicine clinics and wellness centers
- Podcast appearances and media interviews

This represents the most comprehensive ELDOA trainer directory available, combining official certification databases with popular-yet-uncertified practitioners who have established themselves through YouTube, online teaching, and community recognition.