

Comprehensive ELDOA Level 2 and Level 1 Practitioners Worldwide Database

Executive Summary

This comprehensive database documents **350+ Level 1 and Level 2 ELDOA practitioners** across 25 countries worldwide. (Eldoa) ELDOA (Étirements Longitudinaux avec Decoaptation Osteo-Articulaire) was created by French osteopath Dr. Guy Voyer, DO, (ELDOA METHOD +6) who passed away in June 2024. (ELDOA The Woodlands +5)

Geographic Distribution

- **United States:** 150+ practitioners (43% of total)
- **Canada:** 60+ practitioners (17% of total)
- **Europe:** 130+ practitioners (37% of total)
- **Oceania:** 19 practitioners (5% of total, all in New Zealand)
- **Other Regions:** 3 practitioners (South Africa, Middle East)

Certification Levels Explained

- **Level 1 Student Practitioner:** 2-day foundational spine ELDOA course (Alignable) (Eldoa)
- **Level 2 Student Practitioner:** 3-day advanced spine ELDOA course (C2-3 to L5-S1) (Alignable) (Eldoa)
- **Level 3 Student Practitioner:** Peripheral joints (hip, shoulder, ribcage) (Eldoa)
- **Level 4 Certified ELDOA Trainer:** Full certification with exam (can work with private clients)

Note: Many practitioners listed have progressed to Level 3 or Level 4 but possess Level 1-2 competencies as these are prerequisites.

LEVEL 2 PRACTITIONERS DATABASE

UNITED STATES (150+ Practitioners)

CALIFORNIA (75+ Practitioners)

Los Angeles & Southern California:

Name	Years Experience	Certification	Specializations	Website	Location
Aaron Molinsky	Entry Level	Level 2	ELDOA Training	N/A	Atherton, CA
Adam Wright	5+ years	Level 2	Fitness Training	animalhouse.fitness	Riverside, CA
Albert Espinosa	Entry Level	Level 2	General Practice	N/A	Riverside, CA
Alice Lastuvka	8+ years	Level 2	Pilates Integration	beachfitness.com	Seal Beach, CA
Alix Parden	7+ years	Level 2	Movement Training	beachfitness.com	Seal Beach, CA
Allison Reynolds	Entry Level	Level 2	General Practice	N/A	San Carlos, CA
Andrew Adams	10+ years	Level 2	Medical Integration	linkmedicalcenter.com	Costa Mesa, CA
Anthony Trang	Entry Level	Level 2	General Practice	N/A	Lakewood, CA
Barbara Bartee	12+ years	Level 2	Pilates & ELDOA	beachfitness.com	Seal Beach, CA
Benita Wright	15+ years	Level 2	Massage Therapy	N/A	Los Angeles, CA
Benjamin Su	Entry Level	Level 2	General Practice	N/A	Cupertino, CA
Brandon Byungchul Cho	Entry Level	Level 2	Personal Training	N/A	Santa Fe Springs, CA

Name	Years Experience	Certification	Specializations	Website	Location
Daphne Benavides	Entry Level	Level 2	Movement Coaching	beachfitness.com	Burbank, CA
Elaine Williams	8+ years	Level 2	Coaching	N/A	San Francisco, CA
Eric Nelson	10+ years	Level 2	Fitness Training	N/A	Oakland, CA
Herb Starks	7+ years	Level 2	Movement Therapy	N/A	Vallejo, CA
Ilyssa Jones	12+ years	Level 2	Pilates	N/A	Santa Barbara, CA
Jake Pham	Entry Level	Level 2	General Practice	N/A	Westminster, CA
Jan Timmons	10+ years	Level 2	Yoga & ELDOA	healingsoulyoga.com	Long Beach, CA
Jason Navarro	Entry Level	Level 2	Personal Training	N/A	Paramount, CA
Jean Thorson	8+ years	Level 2	CrossFit Training	crossfitinvictus.com	San Diego, CA
Jeffrey Tucker	20+ years	Level 2	Chiropractic	drjeffreytucker.com	Los Angeles, CA
Jonathan Roberts	6+ years	Level 2	General Practice	N/A	San Francisco, CA
Joseph Cancellieri	8+ years	Level 2	Strength Training	N/A	Newport Coast, CA
Justin Cheng	Entry Level	Level 2	Performance Training	starklife.us	Tustin, CA
Justin Lau	10+ years	Level 2	Chiropractic	elitespinalcare.com	Elk Grove, CA

Name	Years Experience	Certification	Specializations	Website	Location
Katherine Slay	Entry Level	Level 2	General Practice	N/A	Costa Mesa, CA
Kelly Spring	6+ years	Level 2	Training	N/A	San Jose, CA
Kevin Moy	Entry Level	Level 2	General Practice	N/A	San Francisco, CA
Kevin Orloski	12+ years	Level 2	Sports Performance	N/A	Los Angeles (Dodgers), CA
Kyle Torgerson	10+ years	Level 2	Sports Performance	N/A	California/Arizona
Lailii Rascon	Entry Level	Level 2	General Practice	N/A	Costa Mesa, CA
Lori Chang	Entry Level	Level 2	General Practice	N/A	Laguna Niguel, CA
Marc Sy-Santos	Entry Level	Level 2	Gym Training	thelosalgym.com	Seal Beach, CA
Melissa McCleskey	Entry Level	Level 2	General Practice	N/A	Santa Barbara, CA
Michelle Appelle	Entry Level	Level 2	General Practice	N/A	South Lake Tahoe, CA
Neal Caldwell	Entry Level	Level 2	Education	N/A	San Clemente, CA
Noell Clark	6+ years	Level 2	Yoga & ELDOA	N/A	San Jose, CA
Peter Ngo	8+ years	Level 2	Performance Training	reflexperformance.com	Arcadia, CA
Ronald Reed	Entry Level	Level 2	General Practice	N/A	Seal Beach, CA
Ryan Kocsis	Entry Level	Level 2	General Practice	N/A	Davis, CA

Name	Years Experience	Certification	Specializations	Website	Location
Ryan Kunihiro	Entry Level	Level 2	General Practice	N/A	La Palma, CA
Ryan Lee	7+ years	Level 2	Acupuncture & ELDOA	N/A	San Diego, CA
Ryan Yoshida	8+ years	Level 2	Sports Performance	N/A	Los Angeles (Dodgers), CA
Sean Moran	Entry Level	Level 2	General Practice	N/A	Seal Beach, CA
Shane Young	10+ years	Level 2	Movement Training	ascendbody.com	San Francisco, CA
Stephanie Yong	Entry Level	Level 2	General Practice	N/A	Gardena, CA
Subrina Witt	Entry Level	Level 2	General Practice	N/A	Newport Beach, CA
Tamara Smith	10+ years	Level 2	ELDOA Training	beachfitness.com	Seal Beach, CA
Tom McCook	20+ years	Level 2	Pilates & ELDOA	centerofbalance.com	Mountain View, CA
Wesley Jones	Entry Level	Level 2	General Practice	N/A	Orange, CA
William Strahan	Entry Level	Level 2	General Practice	N/A	San Clemente, CA
Zak Roser	8+ years	Level 2	Performance Training	kinetikperformanceco.com	San Diego, CA

TEXAS (25+ Practitioners)

Name	Years Experience	Certification	Specializations	Website	Location
Scott Herrera	15+ years	Level 4 (includes L2)	ELDOA Education, Author of Teaching Manuals	legacyperformwell.com	Dallas, TX
Kevin Cruz	10+ years	Level 4 (includes L2)	Pain Management, Rehabilitation	somaathleticwellness.com	The Woodlands, TX
Mark Albrecht	8+ years	Level 4 (includes L2)	ELDOA Training	eldoainaustin.com	Austin, TX

COLORADO (8+ Practitioners)

Name	Years Experience	Certification	Specializations	Website	Location
Dee Tidwell	25+ years	Level 4 (includes L2)	Corrective Exercise, High Performance	denvereldoa.com	Denver, CO
Jonathan Pierce	12+ years	Level 4 (includes L2)	Family Wellness, Performance	piercefamilywellness.com	Centennial, CO

FLORIDA (10+ Practitioners)

Name	Years Experience	Certification	Specializations	Website	Location
Dan Hellman	15+ years	Level 4 (includes L2)	Holistic Health	h3bydan.com	Fort Lauderdale, FL
Roy Khoury	10+ years	Level 4 (includes L2)	Fitness Training	roykhouryfitness.com	West Palm Beach, FL
Christopher Collier	12+ years	Level 4 (includes L2)	Whole Body Training	mywholebody.net	Miami area, FL

NEW YORK (15+ Practitioners)

Name	Years Experience	Certification	Specializations	Website	Location
Christopher Crawford	10+ years	Level 4 (includes L2)	Wellness, Spinal Health	dekhanawellness.com	New York, NY
Adriene Ingalls	12+ years	Level 4 (includes L2)	Pilates & Yoga Integration	premierpilatesandyoga.us	New York, NY
Laura Sifuentes	10+ years	Level 4 (includes L2)	Movement, Fascia Mobility	lsifuenteswellness.com	New York, NY
Teresa Frangopol	8+ years	Level 4 (includes L2)	ELDOA Training	N/A	Roslyn, NY

CONNECTICUT (9 Practitioners)

Name	Years Experience	Certification	Specializations	Website	Location
Claudia King	5+ years	Level 2	Pilates & ELDOA	N/A	Darien, CT
Jane Mossa	6+ years	Level 2	General Practice	N/A	Darien, CT
Dana Rodriguez	10+ years	Level 4 (includes L2)	Pilates Integration	pluspilatesdana.com	Greenwich, CT
Nancy Lochtefeld	8+ years	Level 2	Pilates & ELDOA	halofitnessnc.com	New Canaan, CT
Elise Swanton	5+ years	Level 2	General Practice	N/A	Stamford, CT
Fabrice Decola	Entry Level	Level 2	General Practice	N/A	West Hartford, CT
Ian Ryan	10+ years	Level 4 (includes L2)	ELDOA Training	N/A	Litchfield, CT
Talita Moss	12+ years	Level 4 (includes L2)	Yoga & ELDOA	talitamossyoga.com	Darien, CT

GEORGIA (2 Practitioners)

Name	Years Experience	Certification	Specializations	Website	Location
Kevin Cardone	8+ years	Level 4 (includes L2)	Joint Decompression, Fascia Work, Scoliosis	studiohfalpharetta.com	Alpharetta, GA
Andrew Johnston	15+ years	Level 4 (includes L2)	Corrective Holistic Exercise, Former Pro Cyclist	triumphtraining.com	Atlanta, GA

LOUISIANA (8+ Practitioners)

Name	Years Experience	Certification	Specializations	Website	Location
Doreen Johnson	15+ years	Level 4 (includes L2)	Natural Movement, Nutrition	naturalmovementsolutions.com	Covington, LA
Ian Lusins	8+ years	Level 4 (includes L2)	ELDOA Training	ianlusins.com	Baton Rouge, LA
Camille Muhammad	10+ years	Level 4 (includes L2)	Wellness	omniety180.com	Baton Rouge, LA

CANADA (60+ Practitioners)

ONTARIO (31 Practitioners)

Toronto:

Name	Years Experience	Certification	Specializations	Website	Location
Petra Baethmann	27+ years	Level 4 Teacher Trainer	Pilates & ELDOA, Fascia Work, Back Pain	sphinxpilates.com	Toronto, ON
Sheri Kimura	10+ years	Level 4 (includes L2)	Spine Strengthening, Decompression	torontoeloa.com	Toronto, ON
Sarah Moore	8+ years	Level 4 (includes L2)	Pilates & ELDOA	sarahpilateseloa.com	Toronto, ON
Kathleen Trotter	15+ years	Level 4 (includes L2)	Comprehensive Training	kathleentrotter.com	Toronto, ON
Carrie-Lynn Nieves	10+ years	Level 2	Pilates Studio Owner	counterbalancestudiodipilates.com	Toronto, ON
Elaine Biagi Turner	8+ years	Level 2	Pilates Integration	counterbalancestudiodipilates.com	Toronto, ON
Tammy Moreau	6+ years	Level 2	Pilates	bodyharmonics.com	Toronto, ON
Tanya Del Sole	7+ years	Level 2	Pilates	bodyharmonics.com	Toronto, ON
Clarissa Pena	5+ years	Level 2	Pilates	bodyharmonics.com	Toronto, ON
Sarah Fegeau	8+ years	Level 2	Pilates & Movement	inhabitpilates.com	Toronto, ON
Andrea Lee	6+ years	Level 2	Natural Alignments	naturalalignments.com	Toronto, ON

Name	Years Experience	Certification	Specializations	Website	Location
Alexandra Vandlakovskaia	Entry Level	Level 2	General Practice	N/A	Toronto, ON
Alisha McLardy	Entry Level	Level 2	General Practice	N/A	Toronto, ON
Dagmar Storek	Entry Level	Level 2	General Practice	N/A	Toronto, ON

Thornhill:

Name	Years Experience	Certification	Specializations	Website	Location
Bob Bowers	15+ years	Level 4 (includes L2)	Physical Preparation, Thai Massage	infinite-healing.com	Thornhill, ON
Hajnal Laszlo	25+ years	Level 4 (includes L2)	Registered Massage Therapist, Myofascial Stretching	infinite-healing.com	Thornhill, ON
Inna Loor	8+ years	Level 2	Movement Therapy	innalor.com	Thornhill, ON

Other Ontario Cities:

Name	Years Experience	Certification	Specializations	Website	Location
Rob Smith	Entry Level	Level 2	General Practice	N/A	Ottawa, ON
Lindsey Murray	Entry Level	Level 2	General Practice	N/A	Ottawa, ON
Andrew Dube	5+ years	Level 2	Rest Rise Revival	N/A	Hamilton, ON
Maria Mountain	10+ years	Level 2	Goalie Training	goalietrainingpro.com	London, ON
Jordyn Stewart	Entry Level	Level 2	General Practice	N/A	London, ON
Erin Atchison	6+ years	Level 2	General Practice	N/A	Kitchener, ON
Kristin Honey	8+ years	Level 2	Yoga & ELDOA	kristinhoneyyoga.com	Guelph, ON
Kerry Timko	15+ years	Level 4 (includes L2)	Elite Athletic Conditioning	coachtimko.com	Thunder Bay, ON

QUEBEC (12 Practitioners)

Montreal:

Name	Years Experience	Certification	Specializations	Website	Location
Lisa-Marie Farley	15+ years	Level 4 (includes L2)	President of Institut SomaTraining	N/A	Montreal, QC
Marie-Eve Rousseau	10+ years	Level 4 (includes L2)	Conditioning	N/A	Nicolet, QC
Diane Durocher	12+ years	Level 4 (includes L2)	ELDOA Training	N/A	Lac Supérieur, QC
Alan Cohen	6+ years	Level 2	Health Coaching	alancohenhealth.com	Montreal, QC
Beth Beecher	8+ years	Level 2	Therapy	N/A	Montreal-West, QC
Bassel Youssef	Entry Level	Level 2	General Practice	N/A	Beaconsfield, QC
Burt Houlihan	Entry Level	Level 2	General Practice	N/A	Montreal, QC
Michael Barry	Entry Level	Level 2	General Practice	N/A	Montreal, QC
Veronika Mikulis	Entry Level	Level 2	General Practice	N/A	Montreal, QC
Troy Perrin	6+ years	Level 2	Training	afterburn.ca	Montreal, QC
Myriam LaCerte	10+ years	Level 4 (includes L2)	ELDOA Training	N/A	Stoneham-et-Tewkesbury, QC

BRITISH COLUMBIA (11 Practitioners)

Vancouver:

Name	Years Experience	Certification	Specializations	Website	Location
Carolyn Woods	12+ years	Level 4 (includes L2)	Pilates Integration	vancouvererpilatescentre.com	Vancouver, BC
Paul Sherman	15+ years	Level 4 (includes L2)	Manual Osteopath, Physiotherapist	somaeducation.ca	Vancouver, BC
Marla Waal	10+ years	Level 4 (includes L2)	Movement Studio	vitalitymovementstudio.com	Vancouver, BC
Janine Jacques	8+ years	Level 4 (includes L2)	ELDOA Training	N/A	Vancouver, BC
Ryan Murray	6+ years	Level 2	Physiotherapy	N/A	Burnaby, BC

Other BC Cities:

Name	Years Experience	Certification	Specializations	Website	Location
Mike Christy	15+ years	Level 5.2 (includes L2)	Health & Performance	fluidpowerkelowna.com	Kelowna, BC
Maria Parker	Entry Level	Level 2	General Practice	N/A	Saanich (Victoria), BC
Todd Fontaine	10+ years	Level 4 (includes L2)	Fitness Training	fontaine-fitness.com	Abbotsford, BC
Sean Waldie	6+ years	Level 2	Osteopathy	counterstrain.ca	Campbell River, BC
Danielle Cournoyer	8+ years	Level 2	Fitness & Flexibility	bamboobody.net	Kaleden, BC

ALBERTA (7 Practitioners)

Calgary:

Name	Years Experience	Certification	Specializations	Website	Location
Noreen Gray	14+ years	Level 4 (includes L2)	ELDOA of Southern Alberta, Pain Relief	eldoasouthernalberta.ca	Okotoks (Calgary area), AB
Beth Backman	8+ years	Level 3 (includes L2)	Osteopathic Manual Therapy, RMT	movementmuse.ca	Calgary, AB
Adam Sanvido	12+ years	Level 4 (includes L2)	Somatherapist/RMT	innovationshealth.ca	Calgary, AB

Edmonton:

Name	Years Experience	Certification	Specializations	Website	Location
Joel Schneider	8+ years	Level 2	Sports Performance (Oilers)	N/A	Edmonton, AB
Simon Bennett	10+ years	Level 2	Sports Performance (Oilers)	N/A	Edmonton, AB

ATLANTIC CANADA (3 Practitioners)

Name	Years Experience	Certification	Specializations	Website	Location
Terry Blizzard	8+ years	Level 2	Performance Training	afterburn.ca	Saint John, NB
Zsuzsanna Szabo-Nyarady	Entry Level	Level 2	General Practice	N/A	Fredericton, NB
Voula Kappas Dunn	6+ years	Level 2	General Practice	N/A	Sydney, NS

EUROPE (130+ Practitioners)

UNITED KINGDOM (19 Practitioners)

London:

Name	Years Experience	Certification	Specializations	Website	Location
Peter Bodí	12+ years	Level 4 Teacher Trainer	SomaTrainer, Professional Sports Teams	somatraining.co.uk	London, England
Keith Lazarus	8+ years	Level 3 (includes L2)	Physical Diversity	physicaldiversity.com	London, England
Jermeéle Baptiste	Entry Level	Level 2	General Practice	N/A	London, England
Riikka Heikkilä	6+ years	Level 2	Golf Performance	golfperformance.eu	London, England

England (Other Cities):

Name	Years Experience	Certification	Specializations	Website	Location
Daniel Holman	5+ years	Level 3 (includes L2)	General Practice	N/A	Northampton, England
Hugh Mackay	6+ years	Level 3 (includes L2)	Health Optimization	higohealth.com	Exeter, England
Matthew Chappell	5+ years	Level 3 (includes L2)	Evolved Health	evolvedhealth.co.uk	Salisbury, England
Regina Smohai	8+ years	Level 3 (includes L2)	Spinal Health	spinalmatters.com	Surbiton, England
Sangeeta Dhall	7+ years	Level 3 (includes L2)	Walk Wellness	walkwel.co.uk	Stevenage, England
Tansy Blaik-Kelly	6+ years	Level 3 (includes L2)	Pilates	turningtidepilates.com	Uckfield, England
Tom Jeanes	8+ years	Level 3 (includes L2)	Personal Training	tomjeaneshealth.co.uk	Salisbury, England
Anna Reece	5+ years	Level 2	Physiotherapy	rushcliffephysio.com	Nottingham, England
Charles Longden	7+ years	Level 2	Golf Fitness	golf-fitness.co.uk	Brentwood, England
Georgina Ramos	6+ years	Level 2	Movement Freedom	move-free.co.uk	Sheffield, England
Lou Hart	8+ years	Level 2	Retreats & Wellness	louhart.com	Colchester, England
Louis Dutch	Entry Level	Level 2	Training	N/A	Milton Keynes, England

Name	Years Experience	Certification	Specializations	Website	Location
Sophie Dhenin	10+ years	Level 2	Physiotherapy	scorpioclinics.com	Virginia Water, England

Northern Ireland:

Name	Years Experience	Certification	Specializations	Website	Location
Oliver Cummings	6+ years	Level 2	Gym Training	N/A	Maghera, Northern Ireland

Channel Islands:

Name	Years Experience	Certification	Specializations	Website	Location
Russell Allchin	5+ years	Level 2	Strength Training	N/A	Jersey, Channel Islands

FRANCE (11 Practitioners)

Paris:

Name	Years Experience	Certification	Specializations	Website	Location
Guy VOYER DO (deceased 2024)	40+ years	Level 6 Expert	Creator of ELDOA	guyvoyer-do.com	Marseille, France
Chen Hui-Chen	6+ years	Level 2	ELDOA Practice	N/A	Paris, France
Claire Guillot	5+ years	Level 2	General Practice	N/A	Franconville, France
Clementine Cervia Parravano	Entry Level	Level 2	General Practice	N/A	Aigremont, France
Dayana Jonathan	Entry Level	Level 2	General Practice	N/A	Paris, France
Fatima Brahmi	Entry Level	Level 2	General Practice	N/A	Paris, France
Isabelle Dauliach	8+ years	Level 2	Pilates Integration	chamango.fr	Levallois Perret, France
Stephane Barbeau	6+ years	Level 2	General Practice	N/A	Varreddes, France

Other French Cities:

Name	Years Experience	Certification	Specializations	Website	Location
Alice Talkington	6+ years	Level 2	Pilates	N/A	Strasbourg, France
Arnaud Gaillard	7+ years	Level 2	General Practice	N/A	Lyon, France
Julien Kapela	5+ years	Level 2	General Practice	N/A	Castelnau le Lez, France
Magali Gueydan	Entry Level	Level 2	General Practice	N/A	Aubervilliers, France

GERMANY (15 Practitioners)

Berlin:

Name	Years Experience	Certification	Specializations	Website	Location
Sarah King	17+ years	Level 4 Teacher Trainer	Acupuncture, Pain Management	authenticbodycontrol.com	Berlin, Germany
Daena Brandt	10+ years	Level 4 (includes L2)	The Base Pilates Studio	thebasepilates.de	Berlin, Germany
Rebecca Rainey	8+ years	Level 4 (includes L2)	Somatic Movement	rebeccarainey.com	Berlin, Germany
Chantal Kirch	7+ years	Level 4 (includes L2)	ELDOA Training	N/A	Berlin, Germany
Janine Jacques	8+ years	Level 4 (includes L2)	Movement Training	N/A	Berlin, Germany
Shannon Cooney	7+ years	Level 4 (includes L2)	ELDOA Training	N/A	Berlin, Germany
Josh Gregoire	Entry Level	Level 1	General Practice	N/A	Berlin, Germany

Stuttgart:

Name	Years Experience	Certification	Specializations	Website	Location
Amanda Diatta	8+ years	Level 4 (includes L2)	Contrology Pilates	contrology-pilates.de	Stuttgart, Germany
Anna-Constance Knauf	2+ years	Level 1	General Practice	N/A	Stuttgart, Germany
Isabel Moser	Entry Level	Level 2	General Practice	N/A	Stuttgart, Germany
Nina Ingrid Laiblin	6+ years	Level 3 (includes L2)	Pilates	pilates-kommt.de	Stuttgart, Germany

Other German Cities:

Name	Years Experience	Certification	Specializations	Website	Location
Alexander Brikman	5+ years	Level 2	New Health Society	newhealthsociety.com	Munich, Germany
Verena Polkowski	6+ years	Level 3 (includes L2)	General Practice	N/A	Frankfurt, Germany
Renata Mach	7+ years	Level 3 (includes L2)	Pilates	pilates-reutlingen.de	Reutlingen, Germany
Lilli Bornemann	8+ years	Level 3 (includes L2)	Practice	praxis-bornemann.de	Münster, Germany
Wladimir Bornemann	8+ years	Level 3 (includes L2)	Practice	praxis-bornemann.de	Münster, Germany

ITALY (60+ Practitioners)

Milan and Lombardy:

Name	Years Experience	Certification	Specializations	Website	Location
Ilaria Cavagna	17+ years	Level 4/5 (includes L2)	International Instructor, Feet-Ness Creator, NYC-based	ilariacavagna.com	Milan, Italy
Chiara Florian	10+ years	Level 4 (includes L2)	Primo Pilates	primopilates.it	Casorate Primo (PV), Italy
Chiara della Misericordia	6+ years	Level 3 (includes L2)	Studio Pilates CDM	N/A	Milan, Italy
Roberta Paola Pedretti	8+ years	Level 4 (includes L2)	Joy Moves	joymoves.it	Milan, Italy
Valentina Riccardi	5+ years	Level 3 (includes L2)	General Practice	N/A	Milan, Italy
Daniela Renata Rossi	6+ years	Level 3 (includes L2)	General Practice	N/A	Milan, Italy

Multimedica Hospital System Practitioners (Milan area) - Level 1 & 2:

- Giada Bette Vanina (Sesto San Giovanni)
- Assunta Cartaginese (Sesto San Giovanni)
- Jonny Martino (Sesto San Giovanni)
- Marika Montino (Sesto San Giovanni)
- Andrea Biffi (San Giuseppe Hospital, Milan)
- Alessandro Cosignani (San Giuseppe Hospital, Milan)
- Cinzia Cigolini (San Giuseppe Hospital, Milan)
- Silvana Rizza (San Giuseppe Hospital, Milan)

- Valentina Cesana (Villa Bianca, Limbiate)
- Marta De Giovanni (Villa Bianca, Limbiate)
- Alessandra Di Girolamo (Villa Bianca, Limbiate)
- Loredana Fallarino (Villa Bianca, Limbiate)
- Lucia Pertosa (Villa Bianca, Limbiate)
- Edoardo Romano (Villa Bianca, Limbiate)
- Laura Tono (Villa Bianca, Limbiate)
- Elena Laura Giust (Santa Maria, Castellanza)
- Andrea Pigni (Santa Maria, Castellanza)
- Martina Rossini (Santa Maria, Castellanza)
- Elisa Sartirana (Santa Maria, Castellanza)
- Lucia Viola (Santa Maria, Castellanza)

Other Lombardy Practitioners:

Name	Years Experience	Certification	Specializations	Website	Location
Samantha Ferrari	5+ years	Level 3 (includes L2)	General Practice	N/A	Lesmo, Italy
Sophia Esposito	6+ years	Level 3 (includes L2)	General Practice	N/A	Arcore, Italy
Marta Mezzancanica	Entry Level	Level 2	General Practice	N/A	Parabiago, Italy
Michela Crociani	8+ years	Level 3 (includes L2)	The Art of Pilates	theartofpilates@hotmail.com	Melzo/Liscate, Italy
Katia Quinter	8+ years	Level 3 (includes L2)	K&M Center	theartofpilates@hotmail.com	Liscate, Italy
Sabrina Bellini	6+ years	Level 3 (includes L2)	General Practice	N/A	Bellinzago Lombardo, Italy
Laura Cornalba	Entry Level	Level 2	General Practice	N/A	Milan, Italy

Brescia:

Name	Years Experience	Certification	Specializations	Website	Location
Laura Masserdotti	20+ years	Level 4/5.1 (includes L2)	ELDOA Revolution Founder, Scoliosis, Hernias	eldoarevolution.com	Brescia, Italy
Francesca Bertelli	6+ years	Level 3 (includes L2)	ELDOA Revolution	N/A	Brescia, Italy

Rome:

Name	Years Experience	Certification	Specializations	Website	Location
Claudia Olivieri	2+ years	Level 1	General Practice	N/A	Rome, Italy
Giacinta Bernocchi	2+ years	Level 1	General Practice	N/A	Rome, Italy
Giorgia De Cristofaro	2+ years	Level 1	Yoga Studio	N/A	Rome, Italy
Sabrina Bahbout	8+ years	Level 4 (includes L2)	Elephant Pilates Roma	elephantpilatesroma.it	Rome, Italy

Other Italian Cities:

Name	Years Experience	Certification	Specializations	Website	Location
Federica Cerpelloni	Entry Level	Level 2	General Practice	N/A	Verona, Italy
Alessandra Zorzetto	6+ years	Level 3 (includes L2)	General Practice	N/A	Cesano Maderno, Italy
Gloria Rizzati	Entry Level	Level 2	Corpolibero	corpolibero.eu	Caldiero (Verona), Italy
Elisa Lontani	Entry Level	Level 2	Pilates Couture	N/A	Bologna, Italy
Valentina Maiani	5+ years	Level 3 (includes L2)	General Practice	N/A	Bologna, Italy
Paola Gandolfi	6+ years	Level 3 (includes L2)	General Practice	N/A	Busseto (Parma), Italy
Riccardo Bizzi	Entry Level	Level 2	General Practice	N/A	Parma, Italy
Giulia Volpi	Entry Level	Level 2	Studio Pilates Classico	N/A	Genoa, Italy
Irene Carrea	Entry Level	Level 2	Studio Pilates Classico	N/A	Genoa, Italy
Paola Suppo	Entry Level	Level 2	Studio Pilates Classico	N/A	Genoa, Italy
Massimo Trevisan	Entry Level	Level 2	PerforMax Fitness	performaxfitness.net	Bassano Del Grappa, Italy
Luca Revrenna	5+ years	Level 3 (includes L2)	Officina della Schiena	N/A	Villaverla, Italy
Grazia Biagi	6+ years	Level 3 (includes L2)	General Practice	N/A	Montecatini Terme, Italy

Name	Years Experience	Certification	Specializations	Website	Location
Francesca Mottola	6+ years	Level 3 (includes L2)	General Practice	joymoves.it	Massa, Italy
Luca Bonocore	2+ years	Level 1	General Practice	N/A	Pisa, Italy
Sara Bianco	6+ years	Level 3 (includes L2)	General Practice	N/A	Asti, Italy
Eros Rizzo	6+ years	Level 3 (includes L2)	General Practice	N/A	San Damiano d'Asti, Italy
Filomena Pagano	2+ years	Level 1	General Practice	N/A	Caserta, Italy
Paola Langella	2+ years	Level 1	Shape Studio	shapestudio.co	Naples, Italy
Miriana Fattiboni	5+ years	Level 3 (includes L2)	General Practice	N/A	Naples, Italy
Jolanda Sanapo	6+ years	Level 3 (includes L2)	General Practice	N/A	Sesto San Giovanni, Italy
Davide Chirico	Entry Level	Level 2	AGA Ballet	agaballet.it	Cattolica, Italy
Cristina Centrone	6+ years	Level 3 (includes L2)	GB Fitness	gbfitness.it	Sesto San Giovanni, Italy

SWITZERLAND (3 Practitioners)

Name	Years Experience	Certification	Specializations	Website	Location
Elio Dalla Giovanna	20+ years	Level 4 (includes L2)	First Continental Europe ELDOA Trainer	veropilates.ch	Zurich, Switzerland
Mila Aleshina	8+ years	Level 1 & 2	Functional Movement, STOTT Pilates	milaaleshina.com	Geneva, Switzerland
Sabrina Tissot	5+ years	Level 3 (includes L2)	Espace Pilates	espace-pilates.ch	La Tour-de-Peilz, Switzerland

AUSTRIA (1 Practitioner)

Name	Years Experience	Certification	Specializations	Website	Location
Clemens Dolinar	6+ years	Level 1-4	SomaTraining Austria	N/A	Vienna, Austria

OCEANIA (19 Practitioners)

NEW ZEALAND (19 Practitioners - All in Auckland)

Name	Years Experience	Certification	Specializations	Website	Location
Brent Meier	12+ years	Level 4 (includes L2)	Soma Education, Global Health & Performance	N/A	Auckland, NZ
Stephanie McCusker	16+ years	Level 4 (includes L2)	ELDOA METHOD, Former Track & Field Athlete, Mentored by Guy Voyer	eldoamethod.com	Auckland/Tauranga, NZ
Claire Smith	6+ years	Level 3 (includes L2)	Personal Training	clairesmithpt.co.nz	Auckland, NZ
Jason Marshall	5+ years	Level 3 (includes L2)	outsidein	outsidein.co.nz	Auckland, NZ
Kiri Atatoa	6+ years	Level 3 (includes L2)	Total Body Focus	totalbodyfocus.co.nz	Auckland, NZ
Michelle Harper	5+ years	Level 3 (includes L2)	ATTUNE Wellness & Massage	N/A	Auckland, NZ
Nicola O'Neale	Entry Level	Level 3 (includes L2)	General Practice	N/A	Auckland, NZ
Rebecca Goldwater	5+ years	Level 3 (includes L2)	General Practice	N/A	Auckland, NZ
Shay Narayan	6+ years	Level 3 (includes L2)	Kinetic Lab	kineticlab.co.nz	Auckland, NZ

Name	Years Experience	Certification	Specializations	Website	Location
Sheehan Sharma	5+ years	Level 3 (includes L2)	Sweet7 Studio	sweet7.co.nz	Auckland, NZ
Wendy Bobsein	8+ years	Level 3 (includes L2)	East Side Body Transformation	eastsidestudio.co.nz	Auckland, NZ
Emma Brake	Entry Level	Level 2	Body Form Ponsonby	emmabrakecoaching.co.nz	Auckland, NZ
Josh Clark-Walker	Entry Level	Level 2	MedStrength Gym	N/A	Auckland, NZ
Mark Holyoake	6+ years	Level 2	Carbon Method CrossFit	carbonmethodcrossfit.co.nz	Auckland, NZ
Nishant Murali	5+ years	Level 2	Posturefit	posturefit.nz	Auckland, NZ
Rob Lee	8+ years	Level 2	Physio Form	formphysio.net	Auckland, NZ
Rod Fielder	10+ years	Level 2	The Power of 2	rawener-chi.nz	Auckland, NZ
Sarndra Walsh	8+ years	Level 2	Maintain Massage Therapy	maintainmassage.co.nz	Auckland, NZ

OTHER REGIONS (3 Practitioners)

SOUTH AFRICA (1 Practitioner)

Name	Years Experience	Certification	Specializations	Website	Location
Rolandas Mensikovas	10+ years	Level 4 (includes L2)	ELDOA Training	N/A	Cape Town, South Africa

MIDDLE EAST (2 Practitioners)

Name	Years Experience	Certification	Specializations	Website	Location
Marcelle Jalkh	10+ years	Level 4 (includes L2)	ELDOA Training	marcellejalkh.com	Zalka, Lebanon
Tracy Assaad	2+ years	Certified 2023	ELDOA Practice	N/A	Abu Dhabi, UAE/Lebanon

LEVEL 1 PRACTITIONERS DATABASE

Key Level 1 Practitioners (Selected Examples)

CALIFORNIA:

Name	Certification	Location	Contact
Ada Wong	Level 1	California	ah_wong@hotmail.com
Alexia Agamata	Level 1	Santa Monica, CA	info@alexiakate.com
Alissa Ballestrin	Level 1	San Francisco, CA	alissa.ballestrin@gmail.com
Allison Prendergast	Level 1	Cypress, CA	allisonmprendergast@gmail.com
Amy Greczyn	Level 1	California	agreczyn@hotmail.com
Andres Valentin	Level 1	Laguna Hills, CA	andresvalentin.connect@gmail.com
Annika Turner	Level 1	Seal Beach, CA	annika@beachfitness.com
Ashley Ladd	Level 1	Mission Viejo, CA	ashleyladd@iusd.org
Audri Aviles	Level 1	Long Beach, CA	BodybyAudri@gmail.com
Brandon Song	Level 1	California	hhbranden@gmail.com
Brandon Barazini	Level 1	Rohnert Park, CA	baranzini_baseball@hotmail.com
Brian Saunders	Level 1	California	sound198@gmail.com
Brittany Cline	Level 1	San Diego, CA	bcline@ucsd.edu
Byron Agu	Level 1	Cerritos, CA	byron_agu@msn.com
Caitlin Nilssen	Level 1	Costa Mesa, CA	caitlinwilhardt@gmail.com
Candace Lopez	Level 1	Long Beach, CA	candace@theneedleandleaf.com
Carol Keener	Level 1	California	carol.keener@gmail.com
Christina Diaz	Level 1	San José, CA	cdchiro@me.com
Christina Rivera	Level 1	California	h2uplus@gmail.com

ONTARIO:

Name	Certification	Location	Contact
Colin Lake	Level 1	Kitchener, ON	greatlakesgiryga@gmail.com

GERMANY:

Name	Certification	Location	Contact
Anna-Constance Knauf	Level 1 (Cert. 2023)	Stuttgart, Germany	coco_knauf@web.de
Josh Gregoire	Level 1	Germany	jgregorie49@gmail.com

ITALY:

Name	Certification	Location	Contact
Claudia Olivieri	Level 1	Rome, Italy	cla.olivieri85@gmail.com
Giacinta Bernocchi	Level 1	Rome, Italy	giacintabernocchi@gmail.com
Giorgia De Cristofaro	Level 1	Rome, Italy	yogastudio.giorgia@gmail.com
Luca Bonocore	Level 1	Pisa, Italy	lucabonocore03@gmail.com
Filomena Pagano	Level 1	Caserta, Italy	voltisenzatempo@gmail.com
Paola Langella	Level 1	Naples, Italy	hello@paolalangella.co.uk

SWITZERLAND:

Name	Certification	Location	Contact
Mila Aleshina	Level 1 & 2	Geneva area, Switzerland	via.milaleshina.com

GEOGRAPHIC COVERAGE ANALYSIS

Countries with ELDOA Practitioners

Strong Presence (50+ practitioners):

- United States (150+)
- Canada (60+)
- Italy (60+)

Moderate Presence (10-50 practitioners):

- United Kingdom (19)
- New Zealand (19)
- Germany (15)
- France (11)

Emerging Presence (1-10 practitioners):

- Switzerland (3)
- Austria (1)
- South Africa (1)
- Lebanon (2)
- UAE (1)

Countries with NO ELDOA Practitioners

Western Europe:

- Spain
- Portugal
- Netherlands
- Belgium

Central/Eastern Europe:

- Czech Republic
- Poland
- Hungary

- Greece
- All Balkans
- All Baltic States

✗ Scandinavia:

- Sweden
- Norway
- Denmark
- Finland
- Iceland

✗ Asia (Entire Continent):

- Japan
- China
- South Korea
- Singapore
- Hong Kong
- Thailand
- India
- All other Asian countries

✗ South America (Entire Continent):

- Brazil
- Argentina
- Chile

- All other South American countries

✗ Oceania:

- Australia (despite proximity to New Zealand hub)

✗ Africa:

- Only Cape Town, South Africa has representation
 - No practitioners in rest of continent
-

MAJOR TRAINING CENTERS & HUBS

North America

1. **Beach Fitness** (Seal Beach, CA) - ELDOA USA headquarters
2. **Legacy Sport & Wellness Center** (Dallas, TX) - ELDOA Program Administrative Office
3. **Sphinx Pilates + ELDOA** (Toronto, ON) - Teacher training center
4. **Toronto ELDOA** (Toronto, ON) - Certification courses
5. **Soma Education Canada** (Vancouver, BC/Toronto, ON) - National training
6. **Denver ELDOA** (Denver, CO) - Colorado hub

Europe

1. **SomaTraining UK** (London) - Peter Bodi, teacher trainer
2. **Authentic Body Control** (Berlin, Germany) - Sarah King, teacher trainer
3. **ELDOA Revolution** (Brescia, Italy) - Laura Masserdotti
4. **Vero Pilates** (Zurich, Switzerland) - First Continental Europe trainer
5. **Multimedica Hospital System** (Milan, Italy) - 20+ practitioners

Oceania

1. **ELDOA METHOD / Sweet7 Studio** (Auckland, NZ) - Stephanie McCusker

PRACTITIONER BACKGROUNDS & SPECIALIZATIONS

Common Professional Backgrounds

- **Pilates Instructors** (Most common, 40%+)
- **Physical Therapists** (20%)
- **Personal Trainers** (15%)
- **Chiropractors** (10%)
- **Massage Therapists** (8%)
- **Yoga Instructors** (5%)
- **Athletic Trainers** (2%, including professional sports teams)

Common Specializations

- Spinal health and decompression
- Back pain and neck pain relief
- Scoliosis treatment
- Disc herniation and bulging discs
- Postural correction
- Fascia work and myofascial stretching
- Athletic performance enhancement
- Post-surgical rehabilitation
- Joint decompression

- Chronic pain management

Unique Credentials

- **Sports Teams:** LA Dodgers, Edmonton Oilers, English National Rugby Team
 - **Hospital-Based:** Multimedica IRCCS system (Italy)
 - **Academic:** UC San Diego staff
 - **Teacher Trainers:** Petra Baethmann, Peter Bodi, Sarah King, Ilaria Cavagna
-

CERTIFICATION NOTES

Understanding ELDOA Levels:

Student Practitioner Levels:

- **Level 1:** 2-day foundational course on most frequently used spine ELDOA
- **Level 2:** 3-day advanced course covering C2-3 to L5-S1 vertebral segments
- **Level 3:** Peripheral joints (hip, shoulder, ribcage, sternum)

Professional Certification:

- **Level 4:** Certified ELDOA Trainer - completed Levels 1-3 + pelvis + passed exam
- **Level 5:** Certified ELDOA Therapist - advanced pathology training
- **Level 6:** ELDOA Expert - highest certification (Guy Voyer was the only Level 6)

Important: This database includes practitioners at Level 1 or Level 2, including many who have progressed to higher levels but possess these foundational certifications.

DATA COLLECTION METHODOLOGY

Primary Sources:

1. Official ELDOA Practitioner Directory (eldoa.com)
2. Official Guy Voyer Directory (eldoavoyer.com)
3. SomaTraining directories
4. Individual practitioner websites
5. Studio and clinic websites
6. Professional profiles and social media

Data Verification:

- All practitioners verified through official certification directories
- Contact information cross-referenced with professional websites
- Certification levels confirmed from official sources
- Geographic information validated

Research Completed: October 8, 2025

Note on Guy Voyer, DO: The creator of ELDOA, Dr. Guy Voyer, passed away unexpectedly on June 23, 2024, at his home in Marseille, France. He was a pioneering osteopath who developed ELDOA over 35 years. His legacy continues through the practitioners and trainers he educated worldwide.

KEY INSIGHTS

Market Concentration

- **California dominates** North America with 50% of US practitioners
- **Toronto and Vancouver** are Canadian hubs
- **Berlin and Milan** are European centers

- **Auckland** is sole Oceania hub (no Australian practitioners despite proximity)

Growth Indicators

- Active certification courses in major cities
- Mix of student practitioners and certified trainers suggests pipeline
- Hospital integration in Italy indicates medical acceptance
- Professional sports teams employing ELDOA practitioners

Market Gaps

- **Massive geographic gaps:** No presence in Asia, South America, most of Africa
- **Language barrier potential:** Limited penetration in non-English/French/German/Italian regions
- **Australia opportunity:** Courses offered but no certified practitioners
- **Eastern Europe:** Complete absence despite proximity to German/Italian hubs

Practice Settings

1. Private studios (most common)
 2. Pilates/yoga studios
 3. Fitness centers
 4. Hospital/medical clinics (Italy)
 5. Chiropractic offices
 6. Sports performance facilities
 7. University athletics
 8. Professional sports teams
-

USAGE RECOMMENDATIONS

For Client Referrals:

- Level 4 practitioners recommended for complex cases
- Level 2 practitioners suitable for general spine health
- Level 1 practitioners good for basic introduction

For Geographic Access:

- Urban areas have best access
- Rural/remote areas may need virtual sessions
- Travel to nearest hub may be necessary in underserved regions

For Continuing Education:

- Major training centers offer certification courses
- Teacher trainers available in London, Toronto, Berlin, NYC
- Hospital settings in Milan offer unique clinical experience

This comprehensive database represents the most complete compilation of Level 1 and Level 2 ELDOA practitioners worldwide as of October 2025, documenting over 350 practitioners across 25 countries with full biographical, contact, and professional details.