

**Contact:**

- Location: Mississauga, ON
  - Website: [vitalitypilatesandeldoa.com](http://vitalitypilatesandeldoa.com)
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**Mary German - Oakville, ON**

**Business:** Living Well Pilates, Ltd.

**Certification Level:** NOT CONFIRMED (no ELDOA certification found)

**Years of Practice:** 20+ years (established 2002)

**Biography:** Originally from Mooreton, North Dakota; York University education. Trained with Pilates Elders including Mary Bowen (Connecticut) and Lolitta San Miquel, plus Ann McMillan (Spinal Post-Rehabilitation) and Elizabeth Larkham (Tower Applications). Previously delivered services to HSG Health Systems Group Ltd. and Ford Motor Company, Oakville. [LinkedIn](#)

**Credentials:**

- Clinical Exercise Physiologist / Clinical Physiologist
- Certified Pilates Instructor and Teacher Trainer [Yelp](#) [LinkedIn](#)

**Specializations:** Pilates teacher training and certification, post-rehabilitation work, core strengthening, posture improvement, all ages and special populations

**Philosophy:** "Physical Literacy Workout Classes"; friendly, supportive, community-based studio; small classes (1-to-5 ratio); empowers people to health through Pilates [Livingwellpilates](#) [LinkedIn](#)

**Contact:**

- Studio: 2251 Westoak Trails Blvd #4, Oakville, ON L6M 3P7
- Phone: 905-847-0707

- Email: [marygermanlwp@gmail.com](mailto:marygermanlwp@gmail.com)
  - Website: [livingwellpilates.com](http://livingwellpilates.com) [GTACentre Now](#) [Livingwellpilates](#)
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## **Jaishri Mistry - Uxbridge, ON**

**Status:** NO INFORMATION FOUND

Despite multiple searches, no relevant information about an ELDOA practitioner named Jaishri Mistry in Uxbridge, Ontario was located. This practitioner may operate under a different business name, have limited online presence, or the information may need verification.

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## **EUROPE**

### **ITALY (60+ Level 3 Practitioners)**

Italy has emerged as a **European ELDOA hub** with 60+ Level 3 practitioners and several Level 4 trainers. The highest concentration exists in **Lombardy** (Milan, Brescia, Monza), with strong integration into medical settings through the Multimedica Hospital network.

### **Level 4 & 5 Certified Trainers (Highest in Italy)**

#### **Laura Masserdotti - Brescia**

**Business:** Scuola Pilates / ELDOA Revolution

**Certification Level:** Level 5.1 Certified ELDOA Therapist (HIGHEST IN ITALY) [Scuolapilates](#)

**Years of Practice:** Pilates 20+ years (since 2005), ELDOA 7+ years (since 2018)

**Biography:** Studied directly with Romana Kryzanowska at "Romana's Pilates" in New York with Romana's best teacher trainers. Worked in Rome and Bologna before opening Brescia studio in 2005. Discovered ELDOA in 2018 - "professional life changed forever." [Eldoarevolution](#) Among first 15 ELDOA