

movement. Trained through Chek Institute and Soma Training Rehabilitation and Performance. Works with national level golfers and clients with postural pain and work-related dysfunction.

**Contact:** Website: optimumfunction.co.uk

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## OCEANIA

### NEW ZEALAND (Auckland)

Auckland has small but active ELDOA community centered around **Sweet7 Studio** (58 Brown Street, Ponsonby) and **LOFT45 Gym** (Level 2, 45 Sale Street, Freemans Bay). Sweet7 noted as having "the most highly qualified and certified instructors" in New Zealand for ELDOA and Myofascial Stretching techniques.

#### **Level 4 Master Trainer**

##### **Brent Meier - Auckland & Santa Monica**

**Organization:** Soma Education West Coast / Global Health & Performance

**Certification Level:** Level 4 Certified ELDOA Trainer (MASTER TRAINER)

**Significance:** Only Level 4 Certified ELDOA Trainer listed for New Zealand in official directory

**Biography:** Teaches ELDOA classes at LOFT45 Gym in Auckland (mentioned by Rebecca Goldwater as "master ELDOA trainer"). Teaches ELDOA certification courses. International practice between New Zealand and USA.

#### **Contact:**

- NZ: +64 21 122 4293
- USA: +1 (424) 257-5510
- Email: [ghpoffice1@gmail.com](mailto:ghpoffice1@gmail.com)

**Practice Setting:** International practice between New Zealand and USA; teaches ELDOA certification courses

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### **Confirmed Level 1-3 Practitioners**

#### **Claire Smith - Muriwai (Northwest Auckland)**

**Certification Level:** Level 1 & 2 (ELDOA of the Spine)

**Years of Practice:** 14+ years as Personal Trainer, ELDOA training incorporated in recent years

**Biography:** Qualified Personal Trainer with over 14 years experience. Worked at Loft 45 Gym and Les Mills Auckland in Auckland CBD. Over 25 years experience as endurance runner. Specializes in functional strength and mobility training. Run coaching experience (13+ years).

**Credentials:** Personal Training certification

**Specializations:** Functional strength and mobility, RunsSTRONG program for endurance runners, pre & postnatal training, injury prevention and rehabilitation, menopause fitness

**Philosophy:** Focuses on functional movement and keeping clients "strong and mobile in work, play and daily activities." Tailors sessions to individual needs with intelligent progression. Integrates ELDOA as part of personal training workouts or offers dedicated ELDOA sessions.

#### **Contact:**

- Location: Muriwai, North West Auckland (studio space)
- Phone: 021 225 4747
- Website: [clairesmithpt.co.nz](http://clairesmithpt.co.nz)

**Practice Setting:** Private studio in Muriwai; also offers in-home sessions, outdoor training in parks, and online consultations

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## **Kiri Atatoa - Auckland Central**

**Business:** Total Body Focus

**Certification Level:** Certified ELDOA practitioner (listed on ELDOA.com directory; specific level not disclosed)

**Years of Practice:** Massage therapy since 1998 (27+ years), ELDOA instruction for several years

**Biography:** Trained in massage since 1998. Performance massage specialist. Works with elite athletes and everyday clients. Based in Central Auckland. Previously taught at LOFT45.

**Credentials:** Sports Massage Therapist, ELDOA Instructor

**Specializations:** Performance massage for athletes, sports massage therapy, ELDOA group and private classes, sports-related injury management, elite athlete treatment

**Philosophy:** "Performance Massage" approach drawing on sports, rehabilitation, functional and relaxation massage techniques. Focuses on total body optimization for both elite athletes and everyday people pursuing fitness goals. Offers ELDOA as complement to overall health management.

**Athletes/Teams:** Both New Zealand and international elite athletes across multiple sporting codes

### **Contact:**

- Location: Central Auckland
- Website: [totalbodyfocus.co.nz](http://totalbodyfocus.co.nz)

**Practice Setting:** Private practice (Total Body Focus); offers both one-on-one massage therapy and ELDOA classes; group ELDOA classes (60-minute sessions with guided warm-up and multiple spinal ELDOA stretches); one-on-one ELDOA sessions (45-60 minutes, personalized); offers complimentary group class trial

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