

**Unique Approach:** Offers convenience of mobile instruction, bringing professional Pilates and ELDOA training directly to clients' homes or preferred locations in Stuttgart area.

**Contact:**

- Address: Diemershaldenstrasse 14, 70184 Stuttgart
  - Phone: 0711 46 00 652 / Mobile: 0163 88 64 142
  - Email: [nina@pilates-kommt.de](mailto:nina@pilates-kommt.de)
  - Website: pilates-kommt.de
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**Lilli Bornemann - Münster**

**Business:** Praxis Bornemann (now Chiropraktik Münster – Praxis am Aasee)

**Certification Level:** Level 3 Student Practitioner

**Biography:** Associated with osteopathy and natural medicine clinic in Münster. The practice has undergone name change to "Chiropraktik Münster – Praxis am Aasee." Works with Vladimir Bornemann (also Level 3 ELDOA certified), suggesting family or professional partnership focused on integrative manual therapy.

**Contact:**

- Location: Münster, Germany
  - Email: [kontakt@praxis-bornemann.de](mailto:kontakt@praxis-bornemann.de)
  - Website: praxis-bornemann.de
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**Verena Polkowski - Frankfurt**

**Certification Level:** Level 3 Student Practitioner

**Biography:** Primarily known as freelance costume designer (Kostümbildnerin) working in theater since 2010. Studied Fashion Design at FH Trier (April 2003 - February 2007). Completed 6-month internship at Städtische Bühnen Frankfurt. Worked as costume design assistant at Städtische Bühnen Frankfurt (April 2007 - August 2010). Has designed costumes for numerous productions including Jesus Christ Superstar, Kiss me Kate, Footloose, Evita, Young Frankenstein, and opera productions.

**Note:** Represents interesting case of ELDOA certification among creative professionals who may use method for personal wellness and potentially in understanding body movement for costume design work.

**Contact:**

- Location: Frankfurt
  - Email: [ypolko@gmx.de](mailto:ypolko@gmx.de)
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**Additional German Practitioners:**

- **Wladimir Bornemann** - Münster, Level 3 | [kontakt@praxis-bornemann.de](mailto:kontakt@praxis-bornemann.de)
  - **Isabel Moser** - Stuttgart, Level 2 | Works at Contrology Pilates Studio | [isabel.moser@icloud.com](mailto:isabel.moser@icloud.com)
  - **Alexander Brikman** - Munich, Level 2 | New Health Society | [alex@newhealthsociety.com](mailto:alex@newhealthsociety.com) | [newhealthsociety.com](http://newhealthsociety.com)
  - **Renata Mach** - Reutlingen, Level 3 | [info@pilates-reutlingern.de](mailto:info@pilates-reutlingern.de)
  - **Anna-Constance Knauf** - Stuttgart, Level 1 (Cert.#2023-1119) | [coco\\_knauf@web.de](mailto:coco_knauf@web.de)
  - **Josh Gregoire** - Germany (location unspecified), Level 1 | [jgregoire49@gmail.com](mailto:jgregoire49@gmail.com)
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**UNITED KINGDOM (8+ Practitioners)**

UK ELDOA practitioners are trained through **Soma Training UK** headquartered at British College of Osteopathic Medicine (BCOM), London. Training led by Peter Bodi and Guy Voyer DO (Level 4).

## **Keith Lazarus - London**

**Certification Level:** Level 3 Student Practitioner

**Years of Practice:** Over 20 years in fitness and personal training

**Biography:** Movement practitioner and musculoskeletal expert based in London. Work focuses on holistic, whole-person approach to fitness, adopting specific bespoke methods depending on client needs. Covers injury management, pain relief, posture and balance improvement, self-awareness and sensory improvement, enhanced function and coordination, general fitness and performance. Training philosophy evolved after realizing human body is delicate, complex, and unique, with no "one size fits all" approach.

### **Credentials:**

- Personal Trainer (Level 3)
- ELDOA Practitioner (Level 3)
- Certified FRC (Functional Range Conditioning) Mobility Specialist
- Sports Massage Therapist (Level 5, North London School of Sports Massage)
- Contributor to Men's Health magazine

**Philosophy:** "Clients are their own best trainers, as they know their bodies best." Practical, solution-focused, "train the trainer" style aims to empower clients to take full ownership of health. Sessions deliver overall feeling of wellbeing by looking at all life areas, not just exercise. Combines exercise, nutrition, lifestyle changes with helping clients find right motivation and mind-set.

**Unique Approach:** Training methods usually start with corrective exercises influenced by Osteopathic manual therapy of mobilization and manipulation, FRC principles, ELDOA techniques, and movement techniques.

### **Contact:**

- Email: [keithlazarusmethod@gmail.com](mailto:keithlazarusmethod@gmail.com)

- Websites: [physicaldiversity.com](http://physicaldiversity.com), [klpersonaltraining.co.uk](http://klpersonaltraining.co.uk)
- LinkedIn: [physicaldiversity](#)
- Instagram: [KLM\\_physicaldiversity](#)

**Practice Setting:** Private 1:1 personal training (online and in-person), helping desk-bound executives over 50 improve physical health and recover from injuries using osteopathic training techniques.

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### **Matthew Chappell - Salisbury**

**Business:** Evolved Health

**Certification Level:** Trained in ELDOA and Myofascial Stretching (specific level not confirmed)

**Years of Practice:** Multiple years with extensive industry experience

**Biography:** Founder and Owner of Evolved Health, private personal training and physical therapy facility in Salisbury. Studies extensively under pioneering French Osteopath Guy Voyer (SomaTraining and SomaTherapy programs). Advanced training in strength & conditioning, personal training, nutrition, and functional medicine. Felt traditional approaches didn't work long-term, leading him to study advanced methods by traveling the world. Delivered seminars on land-based conditioning for swimmers at Millfield School (Adidas sponsored). Strength and conditioning coach for British National 4X Mountain Bike Champion Katy Curd (2010-2013), who achieved 2nd place at 2013 4X World Championships.

**Specializations:** Endocrinology, The Science of Sleep, Lifestyle Assessment and Design, Corrective Exercise, Advanced Nutrition, Advanced Supplementation Strategies, Detoxification Techniques, Program Design, Stress Management, Joint Pumping techniques, Sports and Remedial Massage

**Philosophy:** Contemporary blend of training and therapy services for optimal health and performance. Aspires to create dramatic change in clients' well-being by taking them "back to the drawing board" to achieve above and beyond expectations. "**Salisbury pioneers in many of the world's leading manual**