

**therapy and movement techniques.**" Represents paradigm shift in injury rehabilitation, offering alternative to traditional rehab approaches.

**Unique Approach:** Uses Myofascial Stretching, ELDOA, and osteo-articular joint pumping to help rehabilitation process, combined with segmental strengthening to reinforce problem areas as part of wider personal training programs.

**Contact:**

- Location: Glenmore Business Park, Salisbury (close to train station)
- Website: [evolvedhealth.co.uk](http://evolvedhealth.co.uk)
- Email: [info@evolvedhealth.co.uk](mailto:info@evolvedhealth.co.uk)
- LinkedIn: Matt Chappell - Owner, Evolved Health

**Practice Setting:** Private world-class training facility with state-of-the-art Atlantis equipment, 2 treatment rooms, mobilization and warm-up areas. Offers personal training, group coaching (max 3 people), injury rehabilitation, sports massage, ELDOA classes, myofascial stretching.

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**Tansy Blaik-Kelly - Uckfield, East Sussex**

**Business:** Turning Tide Pilates

**Certification Level:** Level 3 Student Practitioner (training with Soma Training UK, London)

**Years of Practice:** Personal Pilates 37+ years (since 1987), Teaching since 2006 (19+ years), Studio founded 2007 (18 years)

**Biography:** Calm, sensitive, and friendly teacher with dance background. Began learning Pilates at ballet school in 1987 with **Alan Herdman, founder of UK's first Pilates studio**. Professionally initially chose different path with successful 17-year costume career, working in theatres across London's West End and touring nationally and internationally. Having personally felt many benefits to her health, fitness, and vitality from Pilates, in 2006 decided career change was needed and began retraining to teach. Founded

Turning Tide Pilates in 2007, initially at The Old Mill House in Uckfield, then in April 2022 moved and expanded into two floors of beautiful new studios in River Way, Uckfield.

**Credentials:**

- Pilates Foundation Matwork and Pre/Postnatal Pilates Teacher
- Polestar Pilates Comprehensive Studio Practitioner
- Breast Cancer Exercise Specialist (Pink Ribbon Program)
- Advanced Face Yoga Teacher (Danielle Collins Face Yoga Method)
- Facial Gua Sha Teacher (Danielle Collins and Hayo'u)
- Seated Shiatsu Massage Practitioner
- ELDOA Level 3 Practitioner
- 200-hour Modern Yoga Teacher (Heart + Bones Yoga, 2024)
- Yoga Therapy for Digestive Health (Yoga Campus with Charlotte Watts)
- Former Educator with Evolve Movement Education (Comprehensive Pilates Teacher Training courses)
- Currently training: Pilates for Neurological Conditions (The Neuro Studio)
- Beginning October 2025: Moving Fascia® Teacher Training (year-long program)

**Specializations:** Osteoporosis, MS, fibromyalgia, hypermobility, rehabilitation after injury, surgery, or stroke. Multiple specialist workshops: Standing Pilates, Pilates for Breast Cancer Survivors, Gait Basics and Posture, Therapeutic Pilates for Neck Problems, Pilates for Seniors, Pilates and Osteoporosis, Understanding Lower Back Pain, Palpation of the Spine, Pilates for Horse Riders, Pilates for Post Hip and Knee Replacement Patients.

**Awards:** 2019 Muddy Stilettos Awards: Best Yoga/Pilates Instructor in Sussex

**Philosophy:** Interests lie in whole-body health and encouraging body to somatically return to more natural movement patterns, exploring healing inter-relationships between body, mind, and movement. Strives to help clients achieve physical potential through developing healthy and happy body, working with all ages and abilities.

**Contact:**

- Studio: Suite C, Arun House, River Way, Uckfield, East Sussex TN22 1SL (just behind High Street, 3 minutes walk from Uckfield Station)
- Phone: +44 (0)7882 576540
- Email: [info@turningtidepilates.com](mailto:info@turningtidepilates.com)
- Website: [turningtidepilates.com](http://turningtidepilates.com)
- Instagram: @turningtidepilates (2,325 followers, 2,050 posts)
- What3words: ///binders.twig.loom

**Practice Setting:** Multi-award winning boutique Pilates studio offering in-studio and online group and 1:1/2:1 sessions, matwork and equipment Pilates, yoga, face yoga, facial gua sha, and Buff Bones®. Business hours Monday-Friday 09:00-21:00, by appointment only. Co-hosts Pilates Day Retreats and Wellbeing Events at Secret Vineyard in Herstmonceux, East Sussex with Wellbeing In The Wild since 2017.

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**Regina Smohai - Surbiton, Surrey (and London)**

**Certification Level:** Not confirmed

**Biography:** Operates Regina Smohai Coaching, described as alternative wellness and health and wellness coaching practice.

**Contact:**

- Address: 20 Lovelace Rd, Surbiton, England KT6 6NQ
- Phone: 07814 538392

**Note:** Limited information available in public sources. Additional details about ELDOA certification, training background, and specific approach could not be confirmed.

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### **Daniel Holman - Northampton**

**Status:** NOT CONFIRMED AS ELDOA PRACTITIONER

**Research Note:** Extensive searches found multiple Daniel Holmans in Northampton, including professional footballer, personal trainer (Dan Holman with Over Power training business), and academic researcher at Sheffield University. However, no connection to ELDOA practice could be established.

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### **Hugh Mackay - Exeter**

**Status:** NOT CONFIRMED AS ELDOA PRACTITIONER

**Research Note:** Searches found several Hugh Mackays in UK including Australian social researcher, former oil/gas CEO, cellist, and Ed Mackay (researcher at University of Exeter). No connection to ELDOA practice in Exeter could be established.

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### **Additional UK Practitioner:**

**Andy** - Optimum Function (location not specified)

**Certification Level:** Qualified in ELDOA Method (level not specified)

**Biography:** Senior Corrective Exercise Coach and Manual Therapist. Described as "one of very few people in the UK qualified in the Eldoa Method." Uses ELDOA for pain relief and increased range of