

# 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.

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## **LEVEL 2 PRACTITIONERS DATABASE**

**UNITED STATES (150+ Practitioners)**

**CALIFORNIA (75+ Practitioners)**

**Los Angeles & Southern California:**

<b>Name</b>	<b>Years Experience</b>	<b>Certification</b>	<b>Specializations</b>	<b>Website</b>	<b>Location</b>
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 Barte	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

<b>Name</b>	<b>Years Experience</b>	<b>Certification</b>	<b>Specializations</b>	<b>Website</b>	<b>Location</b>
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

<b>Name</b>	<b>Years Experience</b>	<b>Certification</b>	<b>Specializations</b>	<b>Website</b>	<b>Location</b>
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

<b>Name</b>	<b>Years Experience</b>	<b>Certification</b>	<b>Specializations</b>	<b>Website</b>	<b>Location</b>
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)**

<b>Name</b>	<b>Years Experience</b>	<b>Certification</b>	<b>Specializations</b>	<b>Website</b>	<b>Location</b>
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)**

<b>Name</b>	<b>Years Experience</b>	<b>Certification</b>	<b>Specializations</b>	<b>Website</b>	<b>Location</b>
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)**

<b>Name</b>	<b>Years Experience</b>	<b>Certification</b>	<b>Specializations</b>	<b>Website</b>	<b>Location</b>
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)**

<b>Name</b>	<b>Years Experience</b>	<b>Certification</b>	<b>Specializations</b>	<b>Website</b>	<b>Location</b>
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 Sifuentez	10+ years	Level 4 (includes L2)	Movement, Fascia Mobility	lsifuentezwellness.com	New York, NY
Teresa Frangopol	8+ years	Level 4 (includes L2)	ELDOA Training	N/A	Roslyn, NY

### **CONNECTICUT (9 Practitioners)**



<b>Name</b>	<b>Years Experience</b>	<b>Certification</b>	<b>Specializations</b>	<b>Website</b>	<b>Location</b>
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)**

<b>Name</b>	<b>Years Experience</b>	<b>Certification</b>	<b>Specializations</b>	<b>Website</b>	<b>Location</b>
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)**

<b>Name</b>	<b>Years Experience</b>	<b>Certification</b>	<b>Specializations</b>	<b>Website</b>	<b>Location</b>
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

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## **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	torontoeldoa.com	Toronto, ON
Sarah Moore	8+ years	Level 4 (includes L2)	Pilates & ELDOA	sarahpilateseldoa.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	counterbalancestudiopilates.com	Toronto, ON
Elaine Biagi Turner	8+ years	Level 2	Pilates Integration	counterbalancestudiopilates.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

<b>Name</b>	<b>Years Experience</b>	<b>Certification</b>	<b>Specializations</b>	<b>Website</b>	<b>Location</b>
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:**

<b>Name</b>	<b>Years Experience</b>	<b>Certification</b>	<b>Specializations</b>	<b>Website</b>	<b>Location</b>
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:**

<b>Name</b>	<b>Years Experience</b>	<b>Certification</b>	<b>Specializations</b>	<b>Website</b>	<b>Location</b>
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:**

<b>Name</b>	<b>Years Experience</b>	<b>Certification</b>	<b>Specializations</b>	<b>Website</b>	<b>Location</b>
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:**

<b>Name</b>	<b>Years Experience</b>	<b>Certification</b>	<b>Specializations</b>	<b>Website</b>	<b>Location</b>
Carolyn Woods	12+ years	Level 4 (includes L2)	Pilates Integration	vancouverpilatescentre.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:**

<b>Name</b>	<b>Years Experience</b>	<b>Certification</b>	<b>Specializations</b>	<b>Website</b>	<b>Location</b>
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

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## **EUROPE (130+ Practitioners)**

### **UNITED KINGDOM (19 Practitioners)**

#### **London:**

<b>Name</b>	<b>Years Experience</b>	<b>Certification</b>	<b>Specializations</b>	<b>Website</b>	<b>Location</b>
Peter Bodi	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
Jermeele Baptiste	Entry Level	Level 2	General Practice	N/A	London, England
Riikka Heikkila	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	Varredes, 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:

<b>Name</b>	<b>Years Experience</b>	<b>Certification</b>	<b>Specializations</b>	<b>Website</b>	<b>Location</b>
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:**

<b>Name</b>	<b>Years Experience</b>	<b>Certification</b>	<b>Specializations</b>	<b>Website</b>	<b>Location</b>
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:**

<b>Name</b>	<b>Years Experience</b>	<b>Certification</b>	<b>Specializations</b>	<b>Website</b>	<b>Location</b>
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 Cartaginense (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	<a href="mailto:theartofpilates@hotmail.com">theartofpilates@hotmail.com</a>	Melzo/Liscate, Italy
Katia Quinter	8+ years	Level 3 (includes L2)	K&M Center	<a href="mailto:theartofpilates@hotmail.com">theartofpilates@hotmail.com</a>	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	<a href="http://eldoarevolution.com">eldoarevolution.com</a>	Brescia, Italy
Francesca Bertelli	6+ years	Level 3 (includes L2)	ELDOA Revolution	N/A	Brescia, Italy

### Rome:

<b>Name</b>	<b>Years Experience</b>	<b>Certification</b>	<b>Specializations</b>	<b>Website</b>	<b>Location</b>
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:**

<b>Name</b>	<b>Years Experience</b>	<b>Certification</b>	<b>Specializations</b>	<b>Website</b>	<b>Location</b>
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

<b>Name</b>	<b>Years Experience</b>	<b>Certification</b>	<b>Specializations</b>	<b>Website</b>	<b>Location</b>
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)**

<b>Name</b>	<b>Years Experience</b>	<b>Certification</b>	<b>Specializations</b>	<b>Website</b>	<b>Location</b>
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)**

<b>Name</b>	<b>Years Experience</b>	<b>Certification</b>	<b>Specializations</b>	<b>Website</b>	<b>Location</b>
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

<b>Name</b>	<b>Years Experience</b>	<b>Certification</b>	<b>Specializations</b>	<b>Website</b>	<b>Location</b>
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)**

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

### **MIDDLE EAST (2 Practitioners)**

<b>Name</b>	<b>Years Experience</b>	<b>Certification</b>	<b>Specializations</b>	<b>Website</b>	<b>Location</b>
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

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## **LEVEL 1 PRACTITIONERS DATABASE**

### **Key Level 1 Practitioners (Selected Examples)**

#### **CALIFORNIA:**



<b>Name</b>	<b>Certification</b>	<b>Location</b>	<b>Contact</b>
Ada Wong	Level 1	California	<a href="mailto:ah_wong@hotmail.com">ah_wong@hotmail.com</a>
Alexia Agamata	Level 1	Santa Monica, CA	<a href="mailto:info@alexiakate.com">info@alexiakate.com</a>
Alissa Ballestrin	Level 1	San Francisco, CA	<a href="mailto:alissa.ballestrin@gmail.com">alissa.ballestrin@gmail.com</a>
Allison Prendergast	Level 1	Cypress, CA	<a href="mailto:allisonmprendergast@gmail.com">allisonmprendergast@gmail.com</a>
Amy Greczyn	Level 1	California	<a href="mailto:agreczyn@hotmail.com">agreczyn@hotmail.com</a>
Andres Valentin	Level 1	Laguna Hills, CA	<a href="mailto:andresvalentin.connect@gmail.com">andresvalentin.connect@gmail.com</a>
Annika Turner	Level 1	Seal Beach, CA	<a href="mailto:annika@beachfitness.com">annika@beachfitness.com</a>
Ashley Ladd	Level 1	Mission Viejo, CA	<a href="mailto:ashleyladd@iusd.org">ashleyladd@iusd.org</a>
Audri Aviles	Level 1	Long Beach, CA	<a href="mailto:BodybyAudri@gmail.com">BodybyAudri@gmail.com</a>
Brandon Song	Level 1	California	<a href="mailto:hhbranden@gmail.com">hhbranden@gmail.com</a>
Brandon Barazini	Level 1	Rohnert Park, CA	<a href="mailto:baranzini_baseball@hotmail.com">baranzini_baseball@hotmail.com</a>
Brian Saunders	Level 1	California	<a href="mailto:saund198@gmail.com">saund198@gmail.com</a>
Brittany Cline	Level 1	San Diego, CA	<a href="mailto:bcline@ucsd.edu">bcline@ucsd.edu</a>
Byron Agu	Level 1	Cerritos, CA	<a href="mailto:byron_agu@msn.com">byron_agu@msn.com</a>
Caitlin Nilssen	Level 1	Costa Mesa, CA	<a href="mailto:caitlinwilhardt@gmail.com">caitlinwilhardt@gmail.com</a>
Candace Lopez	Level 1	Long Beach, CA	<a href="mailto:candace@theneedleandleaf.com">candace@theneedleandleaf.com</a>
Carol Keener	Level 1	California	<a href="mailto:carol.keener@gmail.com">carol.keener@gmail.com</a>
Christina Diaz	Level 1	San José, CA	<a href="mailto:cdchiro@me.com">cdchiro@me.com</a>
Christina Rivera	Level 1	California	<a href="mailto:h2uplus@gmail.com">h2uplus@gmail.com</a>

## ONTARIO:

<b>Name</b>	<b>Certification</b>	<b>Location</b>	<b>Contact</b>
Colin Lake	Level 1	Kitchener, ON	<a href="mailto:greatlakesgirya@gmail.com">greatlakesgirya@gmail.com</a>

## GERMANY:

Name	Certification	Location	Contact
Anna-Constance Knauf	Level 1 (Cert. 2023)	Stuttgart, Germany	<a href="mailto:coco_knauf@web.de">coco_knauf@web.de</a>
Josh Gregoire	Level 1	Germany	<a href="mailto:jgregorie49@gmail.com">jgregorie49@gmail.com</a>

## ITALY:

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

## SWITZERLAND:

Name	Certification	Location	Contact
Mila Aleshina	Level 1 & 2	Geneva area, Switzerland	<a href="http://via.milaaleshina.com">via.milaaleshina.com</a>

## 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
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## **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**

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## **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.

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## **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.

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## **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

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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.