

## **Worldwide Directory of Classical Teachers**

“Contrology is not ‘medicine’ or even ‘physical therapy.’ For its aim is not specifically corrective but generally body building and co-ordinating, hence its users are neither ‘patients’ nor ‘treated.’ Each student is given as nearly possible the same regimen, and in kinds and amounts equal to his or her requirements under careful supervision.”

*-Joseph H Pilates and Frederick R. Rodgers 1957*

### **1st, 2<sup>nd</sup>, 3rd and 4<sup>th</sup> Generations**

**Lineage is important.** Joseph Pilates documented his method of exercise prolifically over his lifetime in his writing, photographs, interviews and marketing material yet he never formalised a teacher training program in ‘Contrology.’ Students of his work developed their skills and knowledge through consistent lessons, teaching practice, and observations of Joe Pilates teaching. Primary students of Joseph Pilates included Kathleen (Kathy) Stanford Grant, John Winters, Eve Gentry, Carola Trier, Bruce King, Bob Seed, Jay Grimes and Romana Kryzanowska. After years of lessons and often assisting Joe Pilates in his studio, he gave his blessing for these individuals to teach Contrology. One example of the first-generation teachers given permission to teach was Carola Trier who became a close friend of Joe Clara. Joe also assisted Carola in making some changes to his apparatus specifically for her. It was master teacher **Romana Kryzanowska** who worked at Joe’s studio most consistently and for the greatest number of years with Joe and continued to preserve his work with Clara after his death in 1967. Our DVDs and video programming made between 2002 - 2006 record major aspects of “the work” as taught by Joe and Clara to Romana and we describe this as “Classical Pilates.”

### **Our Worldwide Directory of Classical Pilates Teachers**

Since this teacher directory was first launched, there has been a global expansion of offerings named Classical Pilates. Our directory revision in 2024 increases the generations to four, clarifies the definitions of generations and recognises the exceptional work of “apprentice” supervisors in training programs. We specifically have highlighted 2<sup>nd</sup> generation teachers who were chosen by Romana Kryzanowska to deliver training to others. As the 1<sup>st</sup> generation pass away, we rely more on the 2<sup>nd</sup> generation for roots to the early studios. The worldwide directory of Classical Pilates teachers lists over 1,400 professionals who completed

comprehensive training with the most distinguished Classical Pilates schools and educators.

These teachers received training, supervision and competency assessment by 1st, 2nd and 3rd generation teachers whose training lineage comes directly from Joseph & Clara Pilates. Classical Pilates is more than exercises and type of apparatus. It is the commitment to learning, the experience of the work in the body before entering a teacher training programme and at least 600 hours of apprenticeship, which includes thorough instruction in technique, coaching in teaching skills, assessment of exercise execution competency as well as rigorous verbal and written examinations. In today's world, it is possible for theoretical components of training such as history of the method, anatomy and physiology, common conditions etc. to be delivered online, however, to become a truly Classical Pilates teacher, in person training, observation and supervision cannot be replaced.

The worldwide directory of Classical Pilates teachers also helps contribute to our collective high standards of practice through professional association and recognition of classical teachers, as well as helping to protect the public interest by providing a well-known and trusted referral source for students.

The worldwide directory of Classical Pilates Teachers offers an opportunity to network with other like-minded professionals, and it's a great referral source for your students who travel. If your contact information is not up to date, or you aren't listed, colleagues and potential clients cannot find you. Please provide updated information through the [ClassicalPilates.net](http://ClassicalPilates.net) [Contact Page](#).

To be listed in the worldwide directory of Classical Pilates Teachers evidence should be provided which confirms that,

1. You are a 2<sup>nd</sup> generation teacher who studied extensively with a first-generation teacher listed above or who trained at a school with a 1<sup>st</sup> generation teacher, for example, from Pilates Inc. or Romana's Pilates, have met apprenticeship hours and given permission to teach. Where no certificate of completion of training exists, a recommendation letter is required from the school or 1<sup>st</sup> generation teacher. If less than 600 hours of total apprenticeship were personally supervised by a 1<sup>st</sup> generation teacher, you are eligible to be listed as a 3<sup>rd</sup> generation with a recommendation letter.

2. You are a 3rd generation teacher who studied at a school founded by a 1<sup>st</sup> or 2<sup>nd</sup> generation teacher and training is delivered/supervised/ assessed by 2nd generation teachers currently listed in this directory. Certification requires at least 600 hours of apprenticeship as detailed above with extensive hours with the 2<sup>nd</sup> Generation teacher. Completion of a mentoring or bridging programme with a 2<sup>nd</sup> generation teacher may also be accepted. Evidence includes a certificate from the school and for mentoring completion of the recommendation form from a 2<sup>nd</sup> generation teacher.
3. You are a 4<sup>th</sup> Generation teacher who was certified by or studied extensively at a school founded by 1<sup>st</sup>, 2<sup>nd</sup>, or 3<sup>rd</sup> generation teachers currently listed in this directory and supervised by 2<sup>nd</sup> and 3<sup>rd</sup> Generation teachers as detailed above. Evidence includes a certificate from the school and for bridging/mentoring, and completion of the recommendation form from a 2<sup>nd</sup> or 3<sup>rd</sup> generation Teacher.

The recommendation form for 3<sup>rd</sup> and 4<sup>th</sup> generation teachers is found here [3rd and 4<sup>th</sup> Gen Recommendation PDF.pdf \(classicalpilates.net\)](#)

“Ideally, our muscles should obey our will. Reasonably, our will should not be dominated by the reflex actions of our muscles.”

- *Joseph Pilates*

#### Disclaimer

*Peter is providing the list of Pilates instructors as a courtesy to those visiting its website and interested in Pilates. Peter is not responsible for the information provided by or the services offered or performed by Pilates instructors on its list. By choosing an instructor you waive and release Peter from any actions, causes of action, damages, claims and demands arising from any service or instruction you may receive from an instructor on this list.*

Examples of information categories to be included in database.

Name	Gen.	Certification School and year	Trainers/ Supervisors/Assessors	Contact
<b>ENGLAND</b>				
Ketty Bucca	3 <sup>rd</sup>	Romana's Pilates 2003	Marjorie Oron 2 <sup>nd</sup> , Romana Kryzanowska 1 <sup>st</sup> /Sari Mejia 2 <sup>nd</sup>	<a href="https://www.linkedin.com/in/ketty-bucca-713384a/">https://www.linkedin.com/in/ketty-bucca-713384a/</a>
Rebecca Convey	3 <sup>rd</sup>	Romana's Pilates?	Stephanie Guimond 2 <sup>nd</sup> , Marjorie Oron 2 <sup>nd</sup> /Sari Mejia 2 <sup>nd</sup>	<a href="https://www.kineticpilates.com/">https://www.kineticpilates.com/</a> London N4 4DT +44 (0) 7889146857
Judy Gill-Dougherty	3 <sup>rd</sup>	Romana's Pilates?	Rebecca Convey 3 <sup>rd</sup> / Marjorie Oron 2 <sup>nd</sup>	<a href="https://www.kineticpilates.com/">https://www.kineticpilates.com/</a> London N4 4DT +44 (0) 7889146857
Daphne Pena Higgs	2 <sup>nd</sup>	Pilates Inc?	? ? Romana Kryzanowska 1 <sup>st</sup>	<a href="https://nypilates.co.uk/">https://nypilates.co.uk/</a> London W10 4 BQ +44 (0)7718 785870
Patricia Lee	2 <sup>nd</sup>	Pilates Inc/Romana's Pilates ?	Sari Mejia 2 <sup>nd</sup> Romana Kryzanowska 3 <sup>rd</sup>	<a href="https://www.truepilateslondon.com/">https://www.truepilateslondon.com/</a> NW3 7DE London +44 (0) 7795 833 073
Dawne Likhodedova	3 <sup>rd</sup>	Mentorship	<b>Mejo Wiggin 2<sup>nd</sup></b>	Not teaching at present
Caty Rihon	3 <sup>rd</sup>	Classical Pilates	Natasha Medel (2 <sup>nd</sup> )	+44 (0) 7963735174 London
<b>Brooke Siler</b>	2 <sup>nd</sup>	Pilates Inc. 1995	Romana Kryzanowska 1 <sup>st</sup>	<a href="https://brookesilerpilates.com/">https://brookesilerpilates.com/</a>
Kirk Smith	3 <sup>rd</sup>	Mentorship	?	<a href="https://classicalpilatescentre.co.uk/Bollington">https://classicalpilatescentre.co.uk/Bollington</a>
Janet Steele	2 <sup>nd</sup>	Romana's Pilates?	Stephanie Guimond 2 <sup>nd</sup> /Marjorie Oron 2 <sup>nd</sup> /Romana Krysanowska 1 <sup>st</sup>	<a href="https://www.steeleworkspilates.co.uk/">https://www.steeleworkspilates.co.uk/</a> London SW11 5EP +44 (0) 7759 731261
<b>SCOTLAND</b>				
Helen Callow	2 <sup>nd</sup> or 3 <sup>rd</sup>	Romana's Pilates 2001	Marjori Oron 2 <sup>nd</sup> /Romana Kryzanowska 1 <sup>st</sup> /Sari Mejia 2 <sup>nd</sup>	<a href="http://HOME   originalpilates (helencallow.wixsite.com)">HOME   originalpilates (helencallow.wixsite.com)</a>
Gayle Hogarth	4 <sup>th</sup>	Classical Pilates UK 2023	Don McPherson 3 <sup>rd</sup>	<a href="http://www.classicalpilatesuk.com">www.classicalpilatesuk.com</a> Troon KA10 6AU +44 (0) 7917 323478
Don McPherson	3 <sup>rd</sup>	New York Pilates 2015	Sean Gallagher 2 <sup>nd</sup> / Junghee Won 2 <sup>nd</sup>	<a href="http://www.classicalpilatesuk.com">www.classicalpilatesuk.com</a> Troon KA10 6AU +44 (0) 7766 010002
Lorraine Hogarth	4 <sup>th</sup>	Classical Pilates UK 2019	Don McPherson 3 <sup>rd</sup>	<a href="https://www.facebook.com/pilates-uk-2019/">https://www.facebook.com/pilates-uk-2019/</a> West Kilbride +44 (0) 07702 498763
Maria Hybszer	3 <sup>rd</sup>	New York Pilates 2017	Junghee Won 2 <sup>nd</sup> Don McPherson 3 <sup>rd</sup> Sean Gallagher 2 <sup>nd</sup>	<a href="https://mariahybszerpilates.weebly.com/">https://mariahybszerpilates.weebly.com/</a> Linlithgow, West Lothian +44 (0) 7513 116490
Betsy Twelves Dickson	4 <sup>th</sup>	Classical Pilates UK 2015	Don McPherson 3 <sup>rd</sup>	<a href="https://www.thebespokeapproach.com/">https://www.thebespokeapproach.com/</a> Dunbar East Lothian +44 (0)7922 439 165
<b>WALES</b>				
Angela Green	3 <sup>rd</sup> or 4 <sup>th</sup>	New York Pilates 2023	Sean Gallagher 2 <sup>nd</sup> Elaine Ewing 3 <sup>rd</sup> (tested and supervised by Elaine)	<a href="https://www.angelasclassicalpilates.com/">https://www.angelasclassicalpilates.com/</a> South Wales
Beth Howes	3 <sup>rd</sup> or 4 <sup>th</sup>	New York Pilates 2017	Junghee Won 2 <sup>nd</sup> Don McPherson 3 <sup>rd</sup> Sean Gallagher 2 <sup>nd</sup>	<a href="https://www.bethhowespilates.com/">https://www.bethhowespilates.com/</a> Haverford west +44(0)7528 880663
Rebecca Leary	3 <sup>rd</sup> or 4 <sup>th</sup>	New York Pilates 2017	Junghee Won 2 <sup>nd</sup> Don McPherson 3 <sup>rd</sup> Sean Gallagher 2 <sup>nd</sup>	<a href="https://www.pembrokeshirepilates.co.uk/">https://www.pembrokeshirepilates.co.uk/</a> Narbeth SA67 8RF +44(0)7971 166673

<i>Fera Smith</i>	<i>2<sup>nd</sup> or 3<sup>rd</sup></i>	<i>Pilates Inc/Romana's Pilates 2001</i>	<i>Romana Kryzanowska 1st / Sari Mejia 2<sup>nd</sup> / Fatima Bruhns 2nd</i>	<a href="https://www.pilatesswansea.com/">https://www.pilatesswansea.com/</a> <i>Swansea SA3 4BN</i>
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