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SO YOU THINK YOU CAN TEACH PILATES!

Meet the 10 finalists of the Next Pilates Anytime Instructor Contest 2014.

by Anne Marie O'Connor

Gwen Stefani and Adam Levine think they have it hard on *The Voice*? We can't think of a tougher job than that of the judges who had to select the finalists for the Next Pilates Anytime Instructor Contest 2014.

This international panel of Pilates experts, including Sally Anderson, Ed Botha, Blossom Leilani Crawford, Alan Herdman and Alycea Ungaro, had to choose just 10 finalists from among the 66 talented contestants from the world over who submitted videos.

These passionate, experienced teachers will now compete for the chance to film their own video for the Pilates Anytime website. The winner will be selected by Pilates Anytime members, who can vote up to September 15.

Besides a free trip to the Pilates Anytime studio to shoot the video, the winner will be featured in a four-page spread in *Pilates Style* magazine and receive a free pass to the PMA conference in San Diego on November 11 to 14. Get to know each of the finalists here (they're in alphabetical order—we're not playing favorites!), then cast your vote at www.pilatesanytime.com.



CARRIE CAMPBELL

STUDIO: owner, Positively Pilates, New York City and Hoboken, NJ

CERTIFICATION: Power Pilates

TEACHER FOR: 15 years

WHY SHE WANTS TO WIN: There are only so many hours in a day to teach. With a video, you can share your passion with a much broader audience. It's a cost-effective way to get additional workouts—though a video should not replace being taught in person, which gives you so much more fine-tuning.

HER FAVORITE VIDEO: It's so hard to choose! I like videos where you feel as if the teacher is right there with you.



LAUREN DAUSCHER

STUDIO: owner, Coastal Body Studio in Charleston, SC

CERTIFICATION: Penelope Wyer Barrow at Urban Body Studios

TEACHER FOR: five years

WHY SHE WANTS TO WIN: I would hope that viewers find my videos true to Joseph Pilates' work—with a little bit of fun and humor along the way. Videos expose you to different personalities that might speak to you more when trying to figure out an exercise.

HER FAVORITE VIDEO: Anything by Kathi Ross-Nash—she is incredible! She has an amazing way of communicating the work in its purest form while royally kicking your butt.



JULIE DRIVER

STUDIO: owner, Julie Driver Pilates; instructor, Body Control Pilates Centre in London

CERTIFICATION: Body Control Pilates

TEACHER FOR: 15 years

WHY SHE WANTS TO WIN: I'd like to share what I've learned from studying with some wonderful international teachers. I'm also hoping my strengths at cueing will enable the viewer to find new depth in familiar exercises and a new understanding of never-seen ones. And as a busy mum of two-year-old twins, I know how a video [makes it easier] to fit in your own personal practice.

HER FAVORITE VIDEO: Niedra Gabriel's Ladder Barrel video [on Pilates Anytime]. Some of those exercises I'll only aspire to achieve!



SHELLEY ESTES

STUDIO: instructor, Pilates Unlimited in Dallas

CERTIFICATIONS: The PilatesSystem with Colleen Glenn and Pilates Unlimited with Karen Sanzo

TEACHER FOR: 15 years

WHY SHE WANTS TO WIN: I'd like to help people breathe better, move better and feel better. A video allows viewers to observe the exercises performed by all types of bodies, listen to different verbal cueing, watch skilled manual cueing and be able to get connected in their own body. And if you don't get it the first time, you can rewind!

HER FAVORITE VIDEO: My favorites are taught by teachers that motivate with words, images and concepts.



DEBORAH HARRIS

STUDIO: owner, Premier Pilates & Yoga in Warren, NJ

CERTIFICATION: Romana Kryzanowska at Authentic Pilates

TEACHER FOR: "13 wonderful years"

WHY SHE WANTS TO WIN: I teach a unique class that blends classical Pilates movements with a flowing dynamic and an attention to detail. I would love viewers to have a powerful Pilates experience that challenges them in a brand-new way.

HER FAVORITE VIDEO: *The Eternal Flame Documentary* on Romana Kryzanowska on Pilates Anytime. It brought back a flood of fond memories from my days of learning with this master back at Drago's Gym.



LESLEY LOGAN

STUDIO: teacher, Equinox West Hollywood and Westwood Pilates in Los Angeles; Pilates manager and lead teacher trainer for Equinox in L.A. and Orange County

CERTIFICATIONS: Power Pilates and the Masters Program at The Pilates Center

TEACHER FOR: six years

WHY SHE WANTS TO WIN: I can only teach so many people in person, but a video allows me to share Pilates with people around the world. I would hope viewers will gain the benefits of Pilates for their bodies, minds and souls.

HER FAVORITE VIDEO: I cannot get enough of Alycea Ungaro's class #535 Advanced Mat Workout on Pilates Anytime.



KELLY SNAILUM

STUDIO: co-owner, Remedy Pilates and Massage in Scottsdale, AZ

CERTIFICATIONS: PhysicalMind Institute, Pilates Sports Center

TEACHER FOR: nine years

WHY SHE WANTS TO WIN: There is no shortage of amazing ways to work with strong, healthy clients or clients with serious issues that prevent them from other activities. I hope to give viewers new, creative executions of Pilates exercises as well as provide different ways to get to the same end result.

HER FAVORITE VIDEO: Pilates Sports Center's *Jump Board Series* [2008]. If you are looking to advance or add some props to your Jumpboard routine, they are a must!



KARYN STAPLES, PT, PHD

STUDIO: owner, ProHealth Physical Therapy and Pilates Studio in Peachtree City, GA

CERTIFICATION: Polestar Pilates

TEACHER FOR: nine years

WHY SHE WANTS TO WIN: I would like to pass on my passion for Pilates, so clients can experience movement in a way they never thought was possible, either due to an injury or a lack of awareness. A video allows a student to experience instructors from a different training program and hear different cues that can enhance their understanding of an exercise.

HER FAVORITE VIDEO: Archival footage and videos by the Pilates elders—they make me feel connected to Pilates history.



LAURI STRICKER

STUDIO: owner, Evergreen Pilates in Evergreen, CO

CERTIFICATIONS: The Pilates Institute of Boulder and The Pilates Center Master's Program

TEACHER FOR: 11 years

WHY SHE WANTS TO WIN: Most of us learn through repetition. A video allows students to practice as many times as needed, giving them the chance to master the material, and to have a workout whenever needed.

HER FAVORITE VIDEO: As a mother of two boys and a studio owner, I love videos that are short and packed with wisdom, especially Madeline Black's 10 Moves to do Every Day, Amy Taylor Alpers' Squat! and Rael Isacowitz's Foam Roller Workout (all on Pilates Anytime).



MARY THORNTON, MCSP

STUDIO: owner, The Clinical Pilates Studio in Eastbourne, UK

CERTIFICATION: Pilates Foundation UK

TEACHER FOR: 15 years

WHY SHE WANTS TO WIN: I want to help people to address issues such as back pain, scoliosis and hypermobility. I would also like them to learn about the effectiveness of Pilates as a treatment model: A video allows viewers to learn useful techniques to address common pathologies. It also provides a reference source for the exercises and gives viewers the freedom to practice Pilates at anytime.

HER FAVORITE VIDEO: Rael Isacowitz' Wunda Chair Workout [on Pilates Anytime]. He is truly inspirational!