

Pilates Teacher Training: Gail Giovanniello PMA® CPT Director of Mind Your Body Pilates Teacher Training

Reformer - Cadillac - Chair & Barrels

Learn all of the intricacies of how each apparatus operates for optimal spine alignment, joint mobility & core stability

Learn how the legs connect to the pelvis & arms attach to the back for empowerment in movement & long and lean muscular tone



Expert Instruction in Cueing Pilates Clients

Gail is an Advanced Senior Pilates Teacher: and a long-time student of Deborah Lessen - a protege of Carola Trier, who is one of the first-generation students of Joseph Pilates

Expert Guidance in Using Pilates Equipment

Sign up for single courses or for the complete full-time program

Whether you plan on becoming an instructor yourself or simply wish to deepen your understanding of Pilates, these trainings will transform your body and your mind.

Call 212-426-7960 or go to www.MindYourBodyFitness.com and look on the website for the Pilates Teacher Training tab



Expert Demonstration of Pilates Exercises

Gail Giovanniello PMA® CPT is professionally certified by the Pilates Method Alliance and conducts Pilates Teacher Trainings using the guidelines established by this non-profit organization which offers the only psychometrically validated third-party written certification exam in the Pilates field. Full-time students learn Pre-Pilates and all apparatus including Reformer, Cadillac, Chair & Barrels. Students will be well-prepared from this training to take the PMA® CPT exam and become certified.

Gail has been selected to teach Pre-Pilates Mat Classes to attendees of the PMA® conference in October 2013.

