

Yogalates Facilitators

Louise Solomon

Louise has been practicing Yoga for over 25 years and Pilates for the last 16. Louise completed her Pilates Teacher Training in 1992 and taught Pilates exclusively in the early nineties (well before the Pilates mat class existed). In 1994 Louise attained certification in Yoga Teaching from Yoga Arts, Byron Bay. Being concerned with the high incidence of injuries Louise saw in yoga classes, she developed and began to teach her own method of Yoga & Pilates fusion; Yogalates™ at the Suffolk Park Community Hall.

The Yogalates method is renowned for its standard of safety, and for the way it makes Yoga and Pilates safe and accessible for a wide population. Louise is a pioneer in the fitness and well being industry and has been interviewed around the world on Yogalates, core stability, and standards of safety in the yoga room. She has also lectured on Core stability at the Southern Cross University, taught professionally at Yoga, Health and Fitness expos, in hospitals and schools; she has travelled and taught her method in the UK & France, Japan, Indonesia & China.

In 2003 Louise Solomon wrote her book: **Yogalates – Breakthrough Workout**, that combines the best of Yoga and Pilates, published by Virgin Books. Louise has also written and developed a comprehensive teacher training manual for her course (first edition 2001 and subsequent editions 2002-2008) and has also co-writing an Anatomy & Functional Movement Manual (first edition 2004 and subsequent editions 2006). Both were designed to support the Yogalates diploma training, and are being used for the current Level 1 certificate course.

From 2001-2007 Louise Solomon filmed her award winning Yogalates DVD series for the UK Health and Fitness market. This multi award winning DVD series has been translated into 5 languages and sold world wide. All DVDs have been on the top 10 on the UK fitness charts, and in 2004 her DVD was number 1 for the whole year and winner of the British Video Awards 2002 for Health and Fitness. Louise has also filmed an Instructional Yogalates Teaching DVD to compliment the Yogalates Teacher Training resources. It includes aspects such as Asana, Core stability, Sanskrit and the use of special needs for common contraindications.

The first Yogalates Teacher training course ran in 2000. Due to the popularity of the Yogalates method and the course, Louise applied to VETAB in 2000 to become a Registered Training Organization and formed the Yoga Pilates Training Academy at the Suffolk Park hall. She then went on to develop an accredited Certificate IV course which was subsequently upgraded to a Diploma of teaching the Yogalates method. The course now runs as a gold standard Level 1 correspondence course from the Yogalates headquarters

studio and head office in Bangalow, Northern NSW. The Yogalates Teachers Association was founded in 2006 to support accredited Yogalates teachers and offer them further education and training in the method as it develops.

Students of the Academy who have completed the courses include health professionals such as Iyengar Certified Yoga Teachers, Pilates Instructors, and Physiotherapists, Exercise Physiologists, Elite Athlete Trainers (Australian Cricket Team Strength & Conditioning coach), professional dancers and corporate professionals as well as students of Yoga or Pilates that want to become professional teachers.

In 2005 Louise completed and opened a purpose built Yogalates studio in Bangalow NSW and head office for Australia. Louise currently oversees the Teacher Training course and actively trains the teacher trainees in the Yogalates method.

Peter Clifford

Peter Clifford was born in Tasmania on the 22.12.1945

He began studying Raja and Hatha Yoga in Tasmania in 1964 and then travelled to India in 1973 to further his studies of Yoga. Since that time he has studied with BKS Iyengar, TKV Desikachar, and AG Mohan - world renowned Yogis of the Krishnamacharya Yoga tradition.

While living in Australia he continued to study and practice Yoga and has trained with Nicky Knoff, James Bryant and Michel Besnard. 1992 Peter was personally trained and certified to teach Hatha Yoga by Swami Sarasvati in Sydney and after satisfying the Australian Yoga Masters Association Teachers Registration Board was recognized as a teaching member in 1993.

Peter is an extremely experienced Yoga teacher trainer which can be verified by reading the references at his web site www.anahatayoga.com.au and he is presently associated and registered with the Sarasvati Yoga Society, Australian Yoga Masters Association ID S661, Yoga Alliance E-RYT 500 ID 20593 and also holds a Certificate IV in Assessment and Workplace Training (BSZ40198)

Peter tutors for the Academy on the modules Pranayama and Yoga Philosophy

Maria Kirsten

Over the past 20 years Maria has explored the Art of Yoga, studying the Iyengar and Ishta Methods in New York, as well as completing a BA and MA in English and Government, Georgetown University and a Secondary Education Certificate, Long Island University NY.

Wanting to deepen her knowledge of Yoga, Maria was drawn to train in The Solomon Yogalates Teacher Training in 2000 and upgraded to a Certificate IV in teaching the Solomon yogalates method in 2002/2003. Maria commenced tutoring at the YPTAA in 2004 and was directly supervised by Louise Solomon she now holds a diploma in teaching the Solomon Yogalates Method. In 2005 completed the Certificate IV in Workplace Assessment and training.

Maria Kirsten is employed by the Academy in the role of tutor for 4 modules including Yogalates Personal Practice, Teacher Training practical, Asana alignment and stability (yogalates for special needs) and has tutored on the Pilates module since 2004. Maria has been fundamental to the development of the curriculum and assessment tasks for these modules, drawing upon her extensive teaching/training experience and her practical theoretical knowledge. Maria also teaches on other Yoga teacher trainings as an Anatomy tutor; runs her own studio professionally in Lennox head Northern NSW.

Lisa Finkenauer

Lisa has always been interested in movement in its many forms. In her younger years she spent most of her life as a dancer working professionally in Australia and abroad. She discovered Yoga more than 20 years ago when she came across classes held at a London Dance School, she started to integrate the discipline of Yoga into her dance training and began assisting her Yoga teacher. On her return to Australia she continued her Yogic studies and began to teach some Yoga classes casually.

It was 15 years after her yoga journey had begun that a knee injury brought Lisa to the Yogalates method. So effective was her rehabilitation that Lisa chose to train in and begin teaching the Solomon Yogalates Method fulltime. She is currently a senior trainer/tutor (since 2003) on the Yogalates teacher training program. She teaches the Pilates, On the Floor Training, Yogalates and Personal Practice modules as well as assisting in the development of course curriculum and assessments and running her own classes locally. She and also holds a Certificate IV in Assessment and Workplace Training (BSZ40198).