



Classical Mat Masterclass in the style of Carola Trier – with Deborah Lessen

LONDON:

Friday 15 March 2013; 3:00pm – 5:00pm

Cost: £40. Capacity: 30 Participants

Venue: Pineapple Dance Studios, 7 Langley Street, Covent Garden, London WC2 9JA



Deborah Lessen is an acknowledged leader in the Pilates field. A former professional dancer and teacher, she was trained to teach the Pilates method by Joseph Pilates' first protégé, Carola Trier.

Ms. Lessen founded the Greene Street Studio in New York City in 1983. Her studio nurtures a broad base of clients in the Pilates method for general conditioning, performance specific training, injury prevention and post-rehabilitation. She offered on-site comprehensive teacher training from 1994 to 2004.

As co-defendant in the federal trademark infringement action for use of the name "Pilates", she rallied the community to oppose the action. The Pilates name was made generic in a sweeping victory in November 1999. The victory party in New York City was the launch of the Pilates Method Alliance.

Ms. Lessen is a founding member and Immediate-Past President of the Pilates Method Alliance, serving on the Board of Directors from its inception until 2009. She was instrumental in the creation and implementation of the PMA Pilates Certification Exam, the only 3rd party accredited credential for Pilates professionals, facilitating a broad spectrum of tenured Pilates teachers to work together toward a common goal. She is editor and a contributor to the *PMA Pilates Certification Exam Study Guide* and Chairperson of the PMA's Certification Commission.

Deborah maintains a daily teaching practice at the Greene Street Studio and is an international presenter, conducting a roster of continuing education workshops and seminars for Pilates teachers.

Deborah Lessen Pilates was launched in 2012, providing equipment and studio accessories based on that created for Carola by Mr. Pilates. Please visit deborahlessenpilates.com for more information.



Carola Strauss Trier (1913–2000) was Joseph Pilates's first protégé. Born in Germany in 1913, she attended Kurt Joos' Folkwang School for dance. Her family decided to leave Germany during the rise of the Third Reich. Carola stayed behind, supporting herself

as a dancer, acrobat, and most notably a roller-skating contortionist when she was captured and sent to a Nazi-run detention camp in France. She escaped and immigrated to New York in 1942.

A devastating injury brought Carola to Joseph Pilates for rehabilitation. She studied with Pilates for ten years and furthered her anatomical knowledge at New York City's Lenox Hill Hospital, where she aided Dr. Henry Jordan with patient rehabilitation. In the late 1950 she opened her own studio. Trier combined her medical and Pilates experiences to develop various rehabilitative protocols in addition to exercises and stretching techniques for dancers.

To book, go to www.pilatesumbrella.co.uk/workshops.html. Register and pay with PayPal!

NOTE: Your place is only confirmed when we receive your payment; we cannot hold unpaid places.