



## Michele Larsson

# Mat Masterclass – Intermediate/Advanced

### LONDON:

Friday 22 November 2013; 3:00pm – 5:00pm

Cost: £40. Capacity: 30 Participants

Venue: Pineapple Dance Studios, 7 Langley Street, Covent Garden, London WC2H 9JA



**Michele Larsson**, founder of Core Dynamics Pilates in Santa Fe, has over 40 years of experience teaching fitness, movement, dance and post-rehabilitation. A popular and revered teacher of the Pilates Method and the Eve Gentry technique, she is a former dancer and choreographer who trained at the Juilliard School of Music in New York City, and received a B.A. in Holistic Health and Dance Theater from Antioch College in 1981.

Michele was a protégé of first generation Pilates teacher Eve Gentry; she is the most prominent representative of the Gentry teaching lineage. Gentry trained Larsson in Pilates during a traditional apprenticeship in Santa Fe, New Mexico. Larsson then worked with Eve Gentry for nine years prior to the founding of the Institute for the Pilates Method in June 1991 where she served as the Director of Training. Michele established Core Dynamics Inc. in 1996, a teacher training organization and Pilates studio in Santa Fe, New Mexico.

In addition to foundational teacher training, Michele offers continuing education and advanced workshops around the globe. Further to her extended work with Eve Gentry, over the years Michele also studied with other first generation Pilates master teachers including Carola Trier, Bruce King, Kathleen Stanford-Grant and Ron Fletcher. She continues to travel internationally providing workshops and seminars on special topics, traditional Pilates and the Eve Gentry technique. Michele maintains a diverse local clientele at the Santa Fe studio teaching athletes, post injury/special needs individuals and other Pilates teachers.

Michele presents workshops annually at the Pilates Method Alliance Annual Meeting, where she is one of the most popular presenters.

The documentary film *Eve Gentry; The Power of Pilates* co-produced by Michele Larsson and Marion Kessel (Director, arts alive! productions), is available from the Pilates Method Alliance website:

<http://www.pilatesmethodalliance.org/i4a/ams/amsstore/itemview.cfm?ID=94>

To book, go to [www.pilatesumbrella.co.uk/workshops.html](http://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.

**Pilates Umbrella** 4 Lime Court, Lime Grove, Ruislip, Middlesex HA4 8RN UK  
tel 020 3289 6333 e [info@pilatesumbrella.co.uk](mailto:info@pilatesumbrella.co.uk) [www.pilatesumbrella.co.uk](http://www.pilatesumbrella.co.uk)