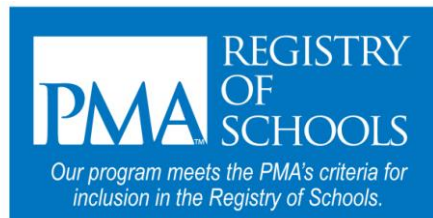


Balanced Body Pilates, CoreAlign® & Anatomy in Three  
Dimensions™ Teacher Training  
Paragon Pilates & Physical Therapy  
2015-2016



## Contact Information

### Balanced Body

8220 Ferguson Ave.  
Sacramento, CA 95828  
(877) Pilates (745-2837)  
Fax: (916) 388-0609

Erin Kern  
Education Supervisor  
erin.kern@pilates.com  
direct: 916-386-6247  
toll free: 1800-pilates ext. 247  
fax: 916-388-0609

### Paragon Pilates & Physical Therapy

5101 Vernon Ave. South, Suite 2A  
Edina, MN 55436  
(952) 405-9765  
[www.paragonpilatespt.com](http://www.paragonpilatespt.com)

Cari Riis Stemmler, Owner  
cari@paragonpilatespt.com  
cell: (323) 336-3854

Rhondi Miller, Owner  
rhondi@paragonpilatespt.com

## **Balanced Body Pilates Teacher Training Program at Paragon Pilates & Physical Therapy**

The Balanced Body Pilates instructor training at Paragon Pilates & Physical Therapy is designed to provide a solid grounding in both classical and contemporary Pilates repertoire while creating Pilates programming that is accessible and appropriate for clients of all kinds. The training program is offered comprehensively as well as ala cart.

As the kickoff to the program, we are offering Anatomy in Three Dimensions™ Learning System. Anatomy in Three Dimensions is the most interactive format in which to learn anatomy, as well as being engaging and fun! For those who have already completed a program, Balanced Body offers a Bridge Program if you would like to finish your training with Balanced Body (more information on the Balanced Body website in that regard).

### **About Balanced Body**

For over 30 years, Balanced Body has produced the finest Pilates equipment available. In 2004, we launched Balanced Body Education with our celebrated continuing education conferences - Pilates on Tour. Like Balanced Body, Balanced Body Education stands for quality and diversity in the Pilates community.

Today, Balanced Body is one of the leading Pilates education companies. Balanced Body has over 160 instructors and offers Pilates Instructor training at over 80 locations worldwide. The Balanced Body Faculty are the best in the business, many with 10 or more years of experience.

In addition to our Pilates training program, Balanced Body offers a number of new and exciting education programs including our Partner Program, featuring the Best in Movement Education, Balanced Body Workshops, Anatomy in Three Dimensions™ Learning System, Job Board, Podcasts and our 'On the Road' equipment and education Road shows.

### **Philosophy at Paragon Pilates & Physical Therapy**

Our main objective is to conduct a training program that offers the finest education in an inviting atmosphere. We teach and encourage critical thinking skills, as well as historical perspectives within the work so that students are prepared to handle any client who walks in the door. We cover indications & contraindications to each exercise so that the new teacher is prepared to handle those with injury in addition to healthy clients.

### **Prerequisites**

Certain aspects of the course are physically demanding, and require that students be in good physical condition in order to benefit fully from the instruction. Therefore, we request that the following be observed:

30 hours of previous Pilates experience in the form of group classes, private instruction or equipment classes, prior to participating in the program. We **strongly recommend that a minimum of 4 private sessions be taken with Cari (2 prior to the first lecture)**. Registered students will be offered a discounted price per Private Pilates session throughout the lecture series. **\*\*This remains in effect until 3 months after the student's final training weekend.**

## Course Objectives

1. Develop an understanding of the fundamentals and principles of the Pilates method.
2. Learn the tools to instruct a mat class, equipment class and private sessions.
3. Safely prepare equipment and instruct clients of varying levels of fitness in a Pilates workout on the Mat, Reformer, Trapeze Table, Wunda Chair, High Barrel and Low Barrel.
4. Perform a postural assessment and make appropriate exercise selections to enhance a client's fitness experience.
5. Identify the relationships between various musculoskeletal structures of the body.
6. Learn the purpose, muscular focus, specific body alignment, and sequencing of each exercise including modifications and variations.
7. In depth instruction in teaching at all levels and for all body types.

## Training Options

### 1) Balanced Body Pilates Instructor (Comprehensive)

To become a fully qualified Balanced Body Pilates Instructor, students must complete the following:

- Anatomy Course or approved equivalent (Ai3D=14 hours)
- Balanced Body Mat Instructor Training or approved equivalent (BB=102 hours)
- Balanced Body Reformer Training or approved equivalent (BB=198 hours)
- Balanced Body Cadillac/Tower - Course work, written and practical test (18 hours)
- Balanced Body Chair and Barrels - Course work, written and practical test (20 hours)
- In addition to the above requirements:  
45 personal session hours and 105 teaching hours OR  
35 personal session hours, 20 observation hours and 95 teaching hours
- Practical Test

Total hours for completion of Other Apparatus Program = 188 (not including anatomy)

Total hours for completion of full program = 488 hours (not including anatomy)

Upon completion of all requirements, a certificate of completion as a Balanced Body Pilates Instructor will be issued.

Students who have completed their Mat or Reformer Training through other organizations can take the Balanced Body curriculum and receive a certificate of completion from Balanced Body. Students will need to provide proof of completion of a comparable Mat or Reformer program before being accepted into Balanced Body. Please contact Balanced Body directly for details.

### 2) Balanced Body Pilates Mat Instructor

To become a fully qualified Balanced Body Mat Instructor, students must complete the following:

- Anatomy Course or approved equivalent (Ai3D=14 hours)
- Balanced Body Mat 1 – Course work, written and practical test (16 hours)
- Balanced Body Mat 2 – Course work, written and practical test (16 hours)
- 25 Mat personal sessions and 45 student teaching hours OR  
20 Mat personal sessions, 15 observation hours and 35 student teaching hours
- Practical Test

Total hours for completion of Mat Program = 102 hours (not including anatomy).

Upon completion of all the requirements, a certificate of completion as a Balanced Body Mat Instructor will be issued.

### 3) Balanced Body Pilates Reformer Instructor

To become a fully qualified Balanced Body Reformer Instructor, students must complete the following:

- Anatomy Course or approved equivalent (Ai3D=14 hours)
- Balanced Body Mat Instructor Training or approved equivalent (BB=102 hours)
- Balanced Body Reformer 1 – Course work, written and practical test (18 hours)
- Balanced Body Reformer 2 – Course work, written and practical test (16 hours)
- Balanced Body Reformer 3 - Course work, written and practical test (14 hours)
- 50 Reformer personal session hours and 100 teaching hours OR  
30 Reformer personal session hours, 30 observation hours and 90 teaching hours
- Practical Test

Total hours for completion of Reformer Program = 198 (not including anatomy)

Total hours for completion of Mat and Reformer Programs = 300 hours (not including anatomy)

Upon completion of all requirements, a certificate of completion as a Balanced Body Reformer Instructor will be issued.

### 4) Individual Module Weekends A la Cart

Each individual weekend is offered separately and certifications are given for either the Mat, Reformer, and/or Comprehensive courses. If you are already an instructor and would like to learn the Trapeze Table or Chair & Barrels alone, you may do so, or if you are a beginner to the world of Pilates you can start with just the Mat or Reformer. These options are meant to help students tailor their education to fit their individual needs.

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### Personal Sessions

Developing and committing to a personal Pilates practice is an essential part of becoming an effective and inspiring Pilates instructor. **50% of your hours must be done at Paragon Pilates & Physical Therapy**, or at an approved facility **if** coming to the studio is not possible due to distance (facility validation forms available upon request). Students can count any classes or Pilates personal training sessions they have already taken in the last three months.

\*\*A 24-hour cancellation policy applies to all scheduled sessions.

#### Student Discounts

Mat Classes - \$10

Reformer/Apparatus Classes - \$20

Privates - \$50 with Paragon Staff - \$65 with Paragon Education Staff

Duets - \$25 with Paragon Staff - \$35 with Paragon Education Staff

**\* rates are good for 3 months after final training weekend**

**Tutoring Fee/Makeup Sessions:** \$75/hour (with Education Staff only)

This is when you miss a weekend or part of a weekend and want to make it up with us privately.

**Auditing Fee:** \$75/day

Once you have **completed** the Balanced Body program you are allowed to audit/observe any of the upcoming training program modules that **you have attended previously** for \$75/day.

Students tend to use this as a great option to complete observation hours or refresh their knowledge of the exercises, set-up, sequencing, etc.

## **Observation Hours**

Observation hours include watching experienced instructors teach group or private sessions. Observation is a great way to understand verbal and manual cueing, program sequencing, ideas on steps to take in the moment if there is a physical consideration that arises, and to hone your teaching skills. **50% of your hours must be done at Paragon Pilates & Physical Therapy**, or at an approved facility (facility validation forms available upon request) if coming to Paragon is challenging due to distance.

## **Teaching Hours**

Teaching hours include any Pilates teaching either as an employee at a fitness center or studio or teaching family and friends on your own time. Paragon Pilates & Physical Therapy is open for your teaching use at no additional charge, and sessions need to be scheduled in advance. During prime business hours session times may not always be available.

We strongly encourage you to work with your classmates. This is a safe way for you to practice your cueing and teaching skills. If this is not possible, you may bring in family and friends to the studio as long as you provide proof of liability insurance with Paragon Pilates & Physical Therapy listed as additional insured.

Liability insurance can be obtained through the PMA ([pilatesmethodalliance.org](http://pilatesmethodalliance.org)), Fitness and Wellness, Inc. ([fitnessandwellness.com](http://fitnessandwellness.com)), or another insurance provider. Paragon Pilates & Physical Therapy must be listed as additional insured. There are **no exceptions** to this policy.

*\*\*Practice teaching private lessons at the studio is free of charge and therefore, there is no charge to the student you are teaching.*

## Training Schedule and Costs

The Balanced Body comprehensive Pilates training course consists of 7 lecture weekends. Any weekend can be purchased separately. You may register online at <http://www.pilates.com>. Spaces are limited and fill up quickly, so we encourage you to register at least 3-4 weeks prior to the start of the course. A discount is offered to those who register for the full comprehensive course. Please call the studio to obtain the discount code prior to registering online.

**Please allow 3-4 weeks for registration and time to receive manuals. This applies to each weekend you register for --- don't wait to the last minute to do this!**

Dates	Module	Early Pricing	Regular Pricing	Course Times	Hours
<b>2015-2016</b>				<b>**45 minute breaks given Sat/Sun</b>	
Aug 29-30	Anatomy in Three Dimensions™	\$499 by Aug 15	\$549	Sa 9:30-5:30, Su 9:30a-5p	14 hrs.
Sept 11th	Orientation	NA		F 3-4:30p	1.5 hrs.
Sept 11-13	Mat 1	\$499 by Aug 28	\$549	F 3-9p, Sa 11:30-6p, Su 9:30a-4:30p	16 hrs.
Oct 9-11	Reformer 1	\$499 by Sept 25	\$549	F 4-8p, Sa 11:30-6:30p, Su 9:30a-6p	18 hrs.
Nov 13-15	Mat 2	\$449 by Oct 30	\$499	F 4-8p, Sa 11:30-6p, Su 9:30a-4:30p	16 hrs.
Dec 11-13	Reformer 2	\$449 by Nov 27	\$499	F 4-8p, Sa 11:30-6p, Su 9:30a-4:30p	16 hrs.
Jan 8-10	Trapeze Table	\$499 by Dec 25	\$549	F 4-8p, Sa 11:30-6:30pm, Su 9:30a-6p	18 hrs.
Feb 6-7	Reformer 3	\$449 by Jan 22	\$499	Sa 11:30-6:30p, Su 9:30-6p	14 hrs.
Mar 4-6	Chair & Barrels	\$499 by Feb 19	\$549	F 4-9p, Sa 11:30-7pm, Su 9:30a-6:30p	20 hrs.
<b>Total</b>		<b>\$3,842</b>	<b>\$4242</b>		<b>132 hrs.</b>

	<b>Comprehensive Discount</b> (obtain code from Paragon)	(\$250)		<b>**a one-time discount to Comprehensive students who register for the entire course prior to Aug 28th only</b>	
	Manuals + DVD (8@\$75 each) ----- (Ai3D requires TrailGuide to the Body – <b>purchased separately</b> . Available at BB or any bookstore-\$58.95)	\$600	\$600	To be purchased directly through Balanced Body – <b>allow 10 days for shipping</b>	
	<b>Comprehensive Total</b>	<b>\$4,192</b>	<b>\$4,842</b>		
	Total w/ out Anatomy in Three Dimensions™	\$3,693	\$4,293		

\*These prices for Balanced Body courses include the course fee only. To obtain your practice hours, you may either practice with your fellow students at no additional fee, or choose to pay for classes (Mat, Reformer, etc.) at your discretion. Any costs associated with completing said hours are not included in the cost of the training program and are the responsibility of the student.

**\*\*Please note that for the Anatomy in Three Dimensions™ Learning System, you will need to purchase Trail Guide to the Body for the course.** You may purchase this book from Balanced Body online, or Amazon.com or at any bookstore.

\*\*Please note that because the Chair & Barrels are taught together, it is required that you purchase both manuals & DVDs (\$150) from Balanced Body upon registering for the training.

### 2015 Spring Pilates Training:

Check [www.pilates.com](http://www.pilates.com), for updated dates, information, and to register. \*Pricing does not include the cost of manuals.

Dates	Module	Early Pricing	Regular Pricing	Course Times	Hours
April 24-26	Mat 1	\$499* by April 10th	\$549*	F 4-8p, Sa 11:30-6p, Su 9:30a-4:30p	16 hrs.
Aug 29-30	Anatomy in Three Dimensions™	\$499* by Aug 15th	\$549*	Sa 9:30-5:30 Su 9:30a-5p	14 hrs.

### 2015 Mentor Teacher Training Workshops with Cari Riis Stemmler:

Different workshops offered throughout the year. Check Paragon's website for up to date course offerings.

Dates	Module	Pricing	Course Times	Hours
Apr 29, 2015	Prenatal Pilates	\$75	Wed 1p-3p	2
May 6, 2015	Postpartum Pilates & Diastases	\$75	Wed 1p-3p	2

### 2015 Continuing Education Workshops:

Check Paragon's website: [www.paragonpilatespt.com](http://www.paragonpilatespt.com), for updated dates, information, and to register. Pricing does not include the cost of manuals.

Dates	Module	Pricing	Course Times	Hours
May 8-9, 2015	Pilates Arc Training	\$229 early \$279 reg.	Fri 3p-6p Sat 11:30a-2:30p	6
May 15-17, 2015	CoreAlign® 2	\$425 early \$475 reg.	Fri 4p-8p; Sa 11a-5:30p Sun 9a-4p	16
May 30-31, 2015	MOTR Training	\$449 early \$499 reg.	Fri 4p-8p; Sa 11:30a-6p Sun 9:30a-4:30p	16
Jun 6-7, 2015	Mastering the Art of Pilates Program Design	\$449	Sat 11:30a-7:30p Sun 9:30a-7p	14
Jun 13-14, 2015	Exo Chair – Day 2	\$229 early \$279 reg.	Sat 11:30a-2:30p Sun 1:30p-4:30p	6



## **Scheduling/Attendance**

We have set the hours and dates well ahead of time to plan and prepare, however we realize things may come up that require you to miss some of the training. It is strongly advised to not miss any of the training weekends or no more than the equivalent of one weekend. If you miss a full weekend, you are allowed to retake that same weekend during our next training session at no additional charge or you make up the time with a tutoring session at \$75/hour.

Throughout the training course we expect you to arrive on time and be ready to work. When participants are late, it throws the whole group off schedule.

## **Cancellation Policy**

Please contact Balanced Body directly if you need to cancel a course.

## **Testing Procedures**

**STEP 1** - Student applies for test out approval (application on Balanced Body website)

1) Student completes application form and submits to Balanced Body along with the following completed documentation:

- Personal practice, observation and student teaching hours.
- Proof of completion of the anatomy requirement.
- Proof of completion of any additional certificates such as Mat or Reformer if they weren't completed through Balanced Body INSTRUCTOR TRAINING.

2) Balanced Body must receive this **FOUR WEEKS** before the test out.

**STEP 2** - Review of records and approval for test out

1) Balanced Body reviews the completed application that student has sent in.

2) Upon approval, Balanced Body notifies student and instructor/host site of application status by email along with test out procedures

**STEP 3** - Test Out Date Scheduled at studio (please call Paragon directly)

1) It is the responsibility of the instructor and student to schedule a test out date and time.

2) The instructor/host site notifies Balanced Body of test out date and time

3) Balanced Body posts the test out online and opens registration

4) Student is responsible for registration and payment on the Balanced Body website

5) Test out dates are scheduled at the studio every 2-3 months and are scheduled individually.

Please call Paragon for details 952-405-9765.

**STEP 4** - Test out day - Instructor/Host site will inform student of final schedule

1) Student completes written test (approximately 1 hour)

2) Student completes practical test (approximately 1 hour)

3) Instructor gives feedback (approximately 20 minutes)

- 4) Student receives copy of teaching evaluation
- 5) Instructor sends test, copy of evaluation and status to Balanced Body

**STEP 5 - Certificates processed**

- 1) Certificates are processed and mailed out within 2-4 weeks of receipt of final test paperwork from instructor.
- 2) If a student does not pass, Balanced Body will communicate with instructor and student regarding next steps.

**Test Out Fees:**

Host site:	Mat	Reformer	Comprehensive
Individual:	\$200 per student	\$250 per student	\$275 per student
Group (2 or more):	\$150 per student	\$200 per student	\$225 per student

**What Previous Students Have Said**

*'I could not be happier with my entire Pilates Instructor Training experience at Paragon Pilates & Physical Therapy. Both Cari and Roger taught with such a love and passion for Pilates that it would be impossible not to have a wonderful learning experience. At the beginning of the training (Mat Module 1) in September I was worried that due to my limited Pilates experience that I would not do well in the program. Because of both Cari and Roger's thorough & well-presented teaching I quickly felt comfortable in the studio. I am so happy that I decided to do the training at Paragon Pilates & Physical Therapy and Balanced Body!!! Cari is a patient and caring instructor. She is extremely knowledgeable in all areas of Pilates and I know I will use her as a resource for years to come. I feel truly honored to have been taught by her. Roger has a contagious enthusiasm for his work. He knows all about the history of Pilates and is clearly doing what he loves. There is never a dull moment when he is around! I would strongly recommend anyone who is interested in becoming a Pilates instructor to complete their training through Balanced Body, especially with Cari Riis Stemmler & Roger Gonzalez Hibner.'*

*'Cari and Roger have done an amazing job over the entire comprehensive course illuminating the simplicity and power which creates Pilates and honors Joseph Pilates' body of work. From their instruction, guidance, and inspiration I am confident I will be able to give my future clients an appropriate and safe Pilates program suited towards their needs and desires.'*

*'Cari always does a wonderful job and is incredibly knowledgeable. She is a master of the information and teaches it effortlessly. Her teaching style is warm and inspiring. I had a wonderful time and am so excited to move forward into my own Pilates teaching career.'*

*'Tiza did an excellent job. Her wealth of knowledge, meticulous eye, and very warm open teaching style was just wonderful. I feel very fortunate that she was our instructor and am very grateful that she was able to fill in at the last moment. We could not have had a better introduction to Reformer 1. Very well done.'*

*'Cari is an amazing Master Pilates instructor. She can teach beginning or advanced students with ease. Her classes are challenging, informative, and fun! I would highly recommend taking this or any of her other classes- she's an absolute gem!'*

*'Roger Gonzalez has an encyclopedic knowledge about the history of Pilates. He is a wonderful instructor for students at all levels and his classes are always fantastic!'*

*'What a great team!!!'*

*'Cari is extremely knowledgeable in all aspects of Pilates & movement. Not only is she an expert, she can effortlessly explain things in a way that is easy for everyone to comprehend. Her teaching style is very open & friendly which creates a safe learning environment. I always felt comfortable asking questions. I cannot imagine a better Pilates teacher instructor. Cari is top-notch. I can't wait to learn more from her!'*

*'Roger and Cari are great! They make it look easy, even when it's not. Their teaching styles are very different, but complement each other very well.'*

*'The instructor (Tiza) was extremely knowledgeable and experienced. This was my first Pilates Instructor Course and the level of content was very appropriate. The instructor created a deep understanding of the Pilates Principles and how to employ them during the movements. The instructor was upbeat, planned the class agendas very well, and answered all questions very well.'*

*'Cari and Roger have wonderful teaching styles to help all people taking the class really understand the material, break the exercises down, and modify as needed. Wonderful feedback regarding HOW to teach the exercises and piece them together for clients.'*

*'Core Conditioning has an amazing group of teachers!'*

*'The background information on Joseph Pilates was a great addition for the first session of Anatomy. The material was presented well & liked having the visual slides as well as the audio. I appreciate the take home packet including the slides, as that will help me to remember & assist me in studying what we learned.'*

*'I very much enjoyed Roger's instruction and knowledge. He is very inspiring and I look forward to taking more modules with Balanced Body!'*

*'Cari is an incredible teacher and I'm happy to have the chance to learn with her.'*

*'This was my first training. I loved our instructor, the class itself and walked away with a much broader view of Pilates. I have had nothing but positive experiences with Balanced Body and I recommend this class to anyone looking towards Pilates training. I can't wait until my next class.'*

*'Our presenter Roger Gonzalez Hibner was very thorough. Thanks, Roger!!'*

*'Cari, my workshop instructor, is an incredible teacher. She makes learning interesting, easy and fun. I feel that I've gained more by taking the workshops from her because of her ability to get the information to me in such a way that it makes me want to hear what she has to say and to learn and know more.'*

*'Roger is a great instructor. He always makes sure that I understood the exercise before moving on to the next one. Core Conditioning studio was a nice and clean studio and the staff was very helpful with any questions I had. Roger ROCKS!! teaching Pilates. When I take Reformer 3, I will have Roger teach me again.'*

*'Instructions from Cari Riis Stemmler were clear concise and very thorough. Thanks to her superb instructions I came away with a much better understanding of the Pilates principles. Thank you Cari.'*

*'Roger Gonzalez Hibner is a consummate teacher - one of the best I've encountered. He is skilled; extraordinarily well trained and embodies what "inspirational teaching" is all about. I have an anxiety disorder and suffer from depression so am more sensitive to pressure situations such as intensive training and all the scrutiny that brings. He made me feel welcome, comfortable and most importantly, ABLE to succeed. Thanks for the great learning opportunity.'*

*'I just LOVE Cari Riis Stemmler. A great asset to the Pilates community. And I can't tell you how much I appreciate the whole atmosphere and attitude of those I have encountered through the Balanced Body instructor training. I appreciate that my past experience is welcomed and that I am encouraged to use it along with my new education. It was Ellie Herman who helped me to fall in love with Pilates again and it is Cari Riis Stemmler who is now providing the nurturing environment with which to grow that love.'*

*'The (Mastering the Art of Pilates Program Design) course was exceptionally good because it clarified the progression of exercise families from the very beginning to the most difficult and then took us (the students) on a journey of discovery, putting all the pieces of a good Pilates session into place.'*

*'I was very impressed with the knowledge, skill, and professionalism of our instructor Cari. She kept us interested and engaged throughout the entire weekend. The program is an excellent one on its own, but with instructors like the one we had, the course content becomes invaluable.'*

*'Cari is WONDERFUL! Her demeanor is peaceful and sweet. She's very informative, insightful and a true inspiration!'*

*'I am really enjoying my training through Balanced Body. I have learned so much and becoming more passionate about Pilates. I am becoming a better teacher through this program. So happy to have found it!'*

*'I appreciate the supportive atmosphere that Core Conditioning provides, it is very nurturing and conducive to learning. I go into the studio to practice and the people are open and helpful, so that I am able to work through anything that we go over during the intensives.'*

*'I like Cari's form of teaching. She is very good at putting pictures into words to describe what muscles she wants you to work on. Thank you.'*

*'I love how the classes are taught. Teach a section, then get on the reformer and practice and teach each other. The material is presented in a professional manner. I love and appreciated the smaller class size to really learn the material. Cari really makes sure we understand material.'*

## **A Final Note**

We believe that the Balanced Body program at Paragon Pilates & Physical Therapy offers high-level diversity of training, teaches critical thinking skills, and offers a balanced view of the Pilates repertoire (including classical and innovative exercises) and information on how to handle clients with current or past injury. This program will teach you the Pilates exercises on all pieces of equipment including the Mat, Reformer, Trapeze Table, Wunda Chair, High Barrel and Low Barrel, as well as Anatomy in Three Dimensions™ Learning System.

We will incorporate the classic methods of Pilates with innovative movements, modifications and variations so you are prepared to work with any client at any level. We will teach postural assessment techniques as well as safety, and how to work with people with injuries.

Our intention is to support you through this intense process to become the most well-rounded teacher you can be. With our integration of anatomy & physiology, progressions, special conditions, and postural assessment along with the classical repertoire, we believe you will walk away with a wealth of knowledge to share with your clients.

After completion of the course, Paragon Pilates & Physical Therapy offers a variety of continuing education courses to continue your depth of knowledge in this work.

We thank you for your interest in our program, and look forward to meeting you soon!

Sincerely,

Cari Riis Stemmler  
Rhondi Miller  
Roger Gonzalez Hibner  
Tiza Wynn Riley  
Ginny Massie  
Paragon Pilates & Physical Therapy Education Staff

## Instructor Bios



**Cari Riis Stemmler**

[cari@paragonpilatespt.com](mailto:cari@paragonpilatespt.com)

cell: 323-336-3854

While dancing professionally in Los Angeles, Cari started teaching Pilates in 1997. She has been a practitioner of several yoga styles since 1996, and became a Certified Fitness Trainer (NASM) in 2002.

She now brings together the disciplines of dance, Pilates, yoga, and functional training to cultivate a well-rounded approach to fitness and wellness. A PMA Gold certified instructor, Cari currently teaches comprehensive Pilates courses & continuing education throughout the country as a faculty member for Balanced Body under the tutelage of Nora St. John. As well, she teaches continuing education courses on integrating Pilates with Physical Therapy and special conditions with the fantastic women of Core Conditioning (Los Angeles).

Cari presents at national Pilates conferences including Pilates on Tour and Pilates Method Alliance and you can see her in the latest round of Balanced Body video podcasts for Athletes. In 2004, she trained in Dance Medicine with the prestigious Harkness Center for Dance (NYC), and has lectured at National Dance Summits in Los Angeles. She is also a member of Minnesota Dance Medicine, and presents at the yearly MDM Conference in Minneapolis. Cari has performed as a dancer nationally, performing both commercial and company work. After dancing and teaching in Los Angeles for 12 years she has recently returned to her home state, and opened Paragon in 2009. She holds a B.A. degree in Cross-cultural Communication from the U of MN.



**Rhondi Miller, PT**

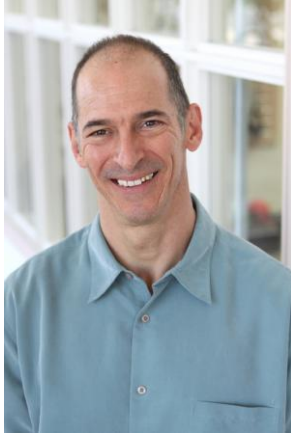
[rhondi@paragonpilatespt.com](mailto:rhondi@paragonpilatespt.com)

Rhondi has been a physical therapist (PT) for 22 years and specializes in sports and orthopedics. She enjoys working together with clients to achieve their rehabilitation and fitness goals. She skillfully combines manual therapy and rehabilitative exercises to help clients decrease pain and maximize function. She marvels at the compatibility of the neuromuscular reeducation components of physical therapy, Pilates, and CoreAlign.

Her passion is treating sports injuries, specifically for joint instabilities and core strengthening. She especially excels in treating dancers and gymnasts.

Rhondi also lectures locally and regionally on varied sports physical therapy topics and is a Board Certified Sports Physical Therapist through the American Physical Therapy Association. She received her advanced Masters in Physical Therapy from the University of Wisconsin- La Crosse in 2001. She received her Bachelors of Science in Physical Therapy from UW-Madison in 1993. Rhondi completed her comprehensive Pilates training through Balanced Body and has been a certified Athletic Trainer since 2000 through National Athletic Trainer Association. In 2002, Rhondi was honored to be part of the Salt Lake Olympics Medical Staff.

Currently she is a member of Minnesota Dance Medicine ([www.mndancemed.org](http://www.mndancemed.org)), Minnesota Physical Therapy Association, and is a Minnesota State High School League gymnastics official.



**Roger Gonzalez Hibner**  
[roger@coreconditioningpt.com](mailto:roger@coreconditioningpt.com)  
cell: 323-365-3644

Roger is currently Co-Director of Teacher Training at Core Conditioning in Studio City, CA and Balanced Body Master Teacher. Roger Gonzalez Hibner began studying Pilates with Romana Kryzanowska in 1995 and continues his studies with Jay Grimes.

He received his comprehensive training from the Pilates Studio, NYC, and is PMA Gold certified. He is currently teaching comprehensive and continuing education courses with Core Conditioning and Paragon Pilates and Physical Therapy as a faculty member for Balanced Body University under the tutelage of Nora St. John. Roger has taught master classes at Universities, PMA conferences (in 2005 by invitation) and summer workshops. He has taught Nationally and Internationally, most recently visiting Bogota, Colombia. You can find him in the original series of Winsor Pilates DVDs.

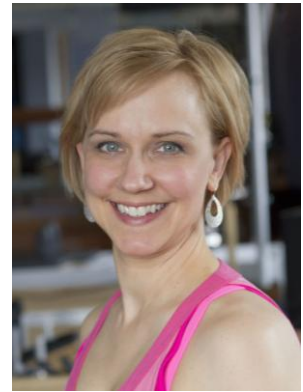
Roger moved to LA in 1991 to work with the Lewitzky Dance Company after having lived in New York and performing with the Solomons Company/Dance and the Milton Myers Dance Company. He graduated Summa Cum Laude with a BFA in Dance from the University of Texas in Austin. Before moving to Texas he lived in Mexico, where he was raised.



**Tiza Wynn Riley**  
[nurturereports@yahoo.com](mailto:nurturereports@yahoo.com)

Tiza is a Core Conditioning and Paragon trainer as well as a Balanced Body faculty member with 14 years of experience. Tiza brings a meticulous eye for form, and a passion for movement and the human body to her Pilates instruction. She was first introduced to mat and reformer Pilates at California Institute of the Arts where she received her BFA in dance in 1993. Tiza began teaching Pilates in 2000 after receiving her comprehensive Pilates certification through Long Beach Dance Conditioning under the instruction of Marie-José Blom-Lawrence. Tiza's fascination with the human body and holistic health led her to receive certification in CranioSacral Therapy and massage therapy which she has been practicing for 12 years.

Tiza has recently added to her repertoire two new and unique total body conditioning systems, Red Cord and CoreAlign®. She is a RedCord® Active and Corrective instructor and educator and is on track to becoming a CoreAlign® educator. As an instructor at Core Conditioning since 2003, Tiza works with clients of all abilities from those in rehab to the ultra fit. Tiza excels at perceiving her clients needs in a given session and draws from her many techniques with conviction, kindness and trusted experience and thus facilitates them in achieving optimum health and wellness.



**Ginny Massie**  
[ginny@paragonpilatespt.com](mailto:ginny@paragonpilatespt.com)

Ginny Massie has a lifetime love of movement and has always sought movement as a source of joy. Since personally learning and appreciating the benefits of postpartum Pilates, Ginny has gone on to complete her comprehensive Pilates education through Balanced Body and certified with Pilates Method Alliance. Passionate about sharing the many benefits of Pilates with others, Ginny has been teaching Pilates in group and private settings since 2004, and has most recently joined Balanced Body Faculty teaching Pilates Mat and Reformer Teacher Training under the tutelage of Nora St. John.

As a perpetual student of the Pilates Method, continuing education is important to Ginny and she passes on her knowledge in a genuine way in order to educate her clients in proper movement. Ginny's intuitive nature allows her to uniquely connect with clients, specializing in teaching deep strengthening skills and personal body awareness while assisting body realignment. Ginny's background in administration, management and as a Real Estate agent gives her the added ability to relate to and work with many different types of people. Her analytical skills transfer over from the office work environment to the Pilates studio with ease, allowing her the ability to quickly assess a client and determine safe Pilates programming that will also achieve the client's goals.