



LISA PERESAN -

Adv Diploma Pilates Instruction
Cert IV Dance Tuition
Cert IV Assessment and Workplace Training

Lisa has had a life long involvement and passion for movement. Her life's motto is "Use it or loose it!" She was originally classically trained in the Royal Academy of Dancing syllabus and started her career as a professional dancer in the commercial genre at the age of 18, working in a musical in Spain. Her work as a dancer kept her travelling for 7 years in Europe and Asia and included work on television, musicals, product launches, fashion parades, Chesse Rijst Contemporary Dance Company and at the Lido in Paris. She first became involved with Pilates in the early 90's when she returned to Australia and became an instructor working at the Body Control Studios for Alan Menezies, with Ingrid Shaw. It was during this time that she saw the enormous benefits of regular Pilates practice and instructed Pilates to people like Paul Mercurio and John Mullins (new Senior Lecturer and Program Co-ordinator of the BA/BEd at the UNSW). She also taught dance at the major dance centres, including Sydney Dance Company studios, Aboriginal Dance Theatre, Sydney University and Bodenweisers, and was involved in writing the jazz syllabus for the Australian Dance Assessment Program. She started her own dance school on the Northern Beaches in 1994, and decided to devote her time to the school and her two young children born in 1995 and 2000. She returned to personal Pilates practice in 2003 to assist with chronic back problems. In 2005 she applied for and won a scholarship, to become a Cert IV Pilates Instructor with Pilates International, which she completed in 2006, and was awarded a Diploma of Professional Pilates Practice in January, 2008, making her a Pilates practitioner. In January 2009, she travelled to the US, to participate in a 4 day Pilates for Dancers Intensive with Karen Clippenger, who holds a Masters in Exercise Science since 1984 and is currently a Professor at California State University at Long Beach. Lisa is passionate about the Pilates method and the benefits it brings with regular practice. She has an interest in working with people from all walks of life but has personal experience as a post-partum mum, and in working with dancers. She believes you can always improve in what you do and is always on the look out for further training opportunities. She holds a current first aid Certificate and is VETAB Accredited to teach Ballet and Jazz to Cert IV Dance Performance Studies or HSC.

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