

Elizabeth is a passionate advocate for experiential learning. Throughout her life she has been drawn to kinaesthetic and experiential methods for creative, personal and professional development.

With limited inquiry based learning, during her teenage years, she was eager to explore beyond traditional curricula and often relied on sport, dance and nature for inspiration. Later, she immersed herself in a full time experiential education, bridging theory and practice, developing kinetography skills for analysing, reading and writing movement, body and space. Applying knowledge in practice, Elizabeth discovered a natural akin for creating movement and working with choreological concepts, and symmetry. Her personal development began to flourish, and the intense training opened a door to somatic learning and the importance of healing, and self care.

Based in London for 20 years, she completed a Bachelor of Arts Degree, taught Laban to actors and independent Theatre companies and was blessed to be part of a healing arts community with Gyrotonics, Alexander Technique, Yoga, Pilates and Skinner Releasing, supporting her professional development.

She toured with a dance troupe in Europe and performed; for live TV on Channel 4, promoted safe cycling for commercials, and undertook small acting roles in drama series and feature films. She went on to train with the Pilates Foundation, a non profit organisation, and enjoyed teaching in London for many years. Inspired by her clients and how they related to mind, body, space and movement Elizabeth began to hone her tools, integrating and cross referencing modalities, to tailor an effective practice.

Her spiritual interests took her to Rishikesh and Benares, India, to learn meditation and Yoga and later, Mexico, where she studied Mayan Massage and introduced pilates to a local fishing village. Soon after she was invited to teach at Maya Tulum Retreat & Spa inspiring her to develop retreat programmes. For several years Elizabeth successfully facilitated holistic retreats combining Shamanic rituals for healing, cleansing and purifying mind and body.

On relocating to the West Coast of Canada she enjoyed the vast outdoors with her dog and rehabilitated her four legged best friend through 2 ACL surgeries. Elizabeth taught for several years, in Vancouver and Bowen Island, in physiotherapy clinics and collaborated with dance therapists, movement teachers, and health professionals. She works with a range of pathologies, imbalances and injuries, Elizabeth has a keen interest in psychosomatic symptoms surrounding hypermobility and other physiological and/or genetic conditions.

A constant weaving throughout her work is Skinner Releasing, a kinaesthetic technique she began to practice in 1999, at Middlesex University, and which continues to influence her development with a laboratory for movement and ongoing learning, with and/or without her tools. Guiding movement from the inside out, stimulating imagination, alignment and spontaneous experiences of wholeness and fluidity, the technique offers a unique approach to developing kinaesthetic awareness, autonomy and embodiment. In 2016 she undertook part of the Skinner-Releasing teacher training at Mimar Sinan Fine Arts University, Istanbul.

In 2018 Elizabeth graduated from the Gestalt Institute of Toronto where she facilitated embodied improvisation researching layers of relationship and groundwork to support her own healing and help others further explore embodied processes. She has her own movement studio in Toronto, a creative and therapeutic resource diversifying teaching pilates, and facilitating artistic and therapeutic processes. The impact of the pandemic has affected the physical studio space, in Toronto, and she is currently transitioning.

Elizabeth's pedagogy is influenced by Gestalt, Laban, Pilates, experiential anatomy, and somatic movement practices.

# Education

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**Gestalt Institute of Toronto, Canada** **2018**  
Theory and Methodology Certification *One Year Program for Professionals*

Facilitative leadership exploring layers of communication in body, space, and relationship including (& non exclusive to): family constellations, dreamwork, journaling, group dynamics, art therapy, improvisation, and groundwork.

**Mimar Fine Arts University, Istanbul, Turkey** **2016**  
Skinner Releasing Technique Teacher Training *Kinaesthetic Learning*  
*Gaby Agis, Mary-Clare McKenna & Robert Davidson*

Kinaesthetic training and sensory learning. Facilitating skeletal imagery, sound, poetic visualizations, writing, and drawing. Stimulating imagination, embodiment, form, nuance, interoception, hands-on partnering, and creative learning.

**Matrix Reimprinting, Vancouver, Canada** **2015**  
Matrix Reimprinting Training *Matrix Reimprinting*

Field-clearing negative beliefs, patterns, and/or memories, including (non excl. to): trauma, anxiety, addictions, low self esteem, learning to be present in mind and body.

**EFT, Banyan Tree Sanctuary, Kona, Hawaii** **2014**  
EFT with *Alina Frank and Dr Weiner* *AHP EFT Level 1 and 2*

Continued Education for therapeutic bodywork including (non exclusive to): acupuncture points, energy psychology, restoring and calming the nervous system.

**Tsawwassen Wellness Centre, Vancouver, Canada** **2013**  
BASI PILATES Advanced Education Certification *Injuries and Pathologies*

Modifying pilates for a physio based movement practice.

**Pilates Yoga Movement Studio, London UK** **2011**  
Studio Apparatus Teaching Certification *Pilates Apparatus Training*

Anatomy and physiology, experiential learning and teaching practice incl (not excl. to): hyper mobility, harrington rod, no patella, disc issues, pregnancy, kyphosis. Developing somatic awareness and a three dimensional practice, with *Anne-Marie Zulkahari*.

**Stott Pilates, Head office, Toronto, Canada** **2009**  
STOTT PILATES Reformer Teaching Certification *Reformer Training*

**La Universidad Autonoma del Estado de Morelos, Mexico** **2005**  
Intensive Mayan Massage training *Mayan Massage*

Abdominal massage, increasing blood flow, lymphatic system, energy healing.

**The Place Contemporary Dance, London, England** **2003**  
Matwork Teacher Training Certification *Pilates Matwork Training*

Classical pilates repertoire, experiential anatomy, cross referencing: Yoga, Alexander Technique and Feldenkrais. Assessing posture, scoliosis, modifications & biomechanics with *Susanne Lahusen, Hana Jones and Sonja Noonan*.

**Middlesex University, London, England** **2000**  
BA (Hons) Dance Studies certification *Bachelor of Arts*

Skinner Releasing Technique with *Kirsty Alexander*, Teaching Studies, Dance for Film, Sociology, written dissertation, Yoga and Dance Training.

**Laxman Jhula, Rishikesh and Varanasi, India** **1995**  
Yoga sabbatical (*Four months*) *Yoga Theory and Practise*

Karma yoga, community building and the collective consciousness, Hatha Yoga, breathwork, working with props, and Kundalini meditation.

**Laban Centre, Laurie Grove, London, England** **1994**  
BA (Hons) and Laban certified (3 years) *Independent study programme*

Choreology, Teaching Studies, Improvisation, Pilates and self care for dancers, Choreography, Limon Technique, Labanotation, Sociology, History of Dance, Ballet.

#### **Activities and memberships**

- Member of non profit organization Pilates Foundation for 19 years
- Ongoing practise of Feldenkrais, EFT, Alexander, SRT, Yoga, somatic learning
- Committed to experiential and kinaesthetic learning for all abilities
- First Aid

