

Erin Beneze

Qualification Highlights

Client-focused, insightful teacher with exceptional ability to connect and build trust with individuals of varying backgrounds and training needs. Over 15 years teaching experience.

Teaching Experience

Pilates for Mamas	SJC	In person Postpartum Mat Pilates	2021 - 2023
In home Private Sessions	SJC	In person and virtual Mat Pilates	2020 - 2023
The Moving Joint	LA	Private/Group reformer classes	2017 - 2019
Infinite Body Works	SF	Private/Duet equipment sessions	2014 - 2016
Mission Creek Pilates	SF	Private/Duet equipment sessions	2014 - 2016
Greenhouse Holistic	NYC	Weekly mat classes	2012 - 2014
Progressive Pilates Williamsburg	NYC	Private equipment sessions	2012 - 2014
The Bowery Hotel	NYC	In-room, private mat sessions	2012 - 2014
Cirque Du Soleil, <i>IRIS</i>	LA	Private equipment for performers	2011 - 2012
Pilates Eagle Rock	LA	Private/Duet equipment sessions	2009 - 2012

Education

Long Beach Dance Conditioning	Pilates certification under Marie-José Blom	2009
North Carolina School of the Arts	BFA in Contemporary Dance	2005

Continuing Education

Pilates for Prenatal and Postpartum	Jennifer Gianni	2021
Women Circle Facilitator Training	Paula Mallis	2020
Ortho Bionomy- Ethics and Emotions	Sara Sunstein	2016
Functional Anatomy For Movement/Injury	Mt. Sinai Hospital + Kinected NYC	2015
Dance Medicine Training	Marika Molnar	2015
Sacrum in Motion	Madeline Black	2014
Wonky Bodies, Exploring Hypermobility	Rebekah Rotstein	2013
Ortho Bionomy Phase 4 - The Spine	Rosa Rodriguez/Gary Williams	2013
Ortho Bionomy Phase 5	Ursula Hofer	2013
Ortho Bionomy Postural Re-Education	Rosa Rodriguez/Gary Williams	2013
The Ribs Inspired	Madeline Black	2012
Anatomy Trains for Movement Therapists	Tom Myers	2011
Embracing the Curves- Scoliosis	Marie Jose Blom/Michelle Larsson	2010