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Laureen DuBeau is a Master Instructor Trainer specializing in STOTT PILATES®, ZEN•GA®, Total Barre®, Halo® Training and Merrithew™ Fascial Movement. As a member of Merrithew's education team, she has developed and implemented internationally-recognized training and certification programs.

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Stott Pilates is a branded version of the Pilates method of physical exercise that was developed by Moira Merrithew (née Stott) and commercialized by Moira with her husband, Lindsay Merrithew, starting in 1988. The most significant difference between Stott Pilates and Joseph Pilates's original method of the early 1900s is that Stott focused on having a neutral spine posture and generated a ...

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Sarah was guided to Stott Pilates whilst recovering and rehabilitating her own hip injury. She was so impressed with the high quality of the Stott method she decided to qualify as an instructor, moving away from dance and diving into the Pilates world. In 2014 Sarah moved to Oxfordshire where she studied with the Department of Education at Oxford University, gaining qualified teacher status ...

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