

---

## Pilates Faculty

**Ann Brown Allen**, Part-time instructor of Pilates Apparatus and Mat. Ann Brown Allen is a USPA Authentic Pilates teacher™. She has also completed the PhysicalMind Institute Pilates Mat work certification and The Power Pilates Teacher Training course. In addition to teaching Pilates mat and apparatus at BU, she also teaches at Smartbody Movement in Brookline. Ann has toured New England, New York and Europe with major modern and jazz companies. Currently, she performs with Peter DiMuro's Public Displays of Motion. Ann earned her BA in Education and Psychology at Simmons College.

**Maite Paillet**, Part-time instructor of Pilates Apparatus. Northeastern University, B.S.B.A. Suffolk University, Performing Arts. In addition to holding a Balanced Body University Certification, Maite holds the PMA Pilates Teacher Certification, the highest level of Pilates certification available in the US. She is also a certified Pilates master teacher trainer. Her interest in cognitive integration and functioning of our mental, emotional, and behavioral abilities led her to completing a certification in CBT at BU and the Mindfulness-Based Stress Reduction teacher training at UMass Medical School Center for Mindfulness to become a fully qualified MBSR Teacher. She teaches Pilates on the mat and all apparatus, Barre, and Mindfulness to people from all walks of life in private, group and workshop settings for individuals and corporations.

**Rachel Prabhakar**, Part-time Instructor of Pilates. BA in Government and Near Eastern Studies, Cornell University, MA in History, University of Chicago. Rachel discovered Pilates while struggling with a repetitive stress injury developed during hours spent hunched over the computer, working as a software engineer. She quickly found Pilates to be beneficial in helping her recover from her injury. Rachel trained in Australia, receiving her Pilates certification from the Australian Pilates Method Association (APMA) in 2009. Following her certification, she completed a further 6 months of advanced training at the renowned Melbourne studio Balance & Control. Rachel is also a certified teacher of the Alexander Technique, graduating in 2013 from the 3 year teacher training program at the Alexander Technique Training Center at Cambridge. Rachel's teaching emphasizes improving function through understanding the body's design. She believes when we understand a little bit about how our bodies work through experiential learning, we'll be able to move more freely and with greater strength and grace. Rachel works with people with a wide variety of medical conditions and injuries, as well as working with dancers and athletes.

**Liz Roncka**, Assistant Coordinator of Dance, Manager of the Pilates Program, Instructor of Pilates Apparatus and Pole Dance Circuit. Liz spent over a decade as a physical therapist working in a variety of settings from the intensive care units of Boston Medical Center to a private clinic specializing in the treatment of musicians and dancers. After years of dancing "on the side," Liz shifted her primary focus to dance and fitness. She is STOTT PILATES® certified to teach Mat, Reformer, Cadillac, Chair and Barrel and has been teaching Pilates since 2003. She has taught in private studios, physical therapy clinics, universities, as well as operated her own studio in Brookline. Liz has completed extensive continued education focused on the development of specialized Pilates exercise programs: programming for osteoporosis, scoliosis, orthopedic issues, fascial fitness, among others. She has taught dance at Boston University, Bridgewater State College, Boston College, the American Dance Festival, and local studios. She has performed with many local companies and has presented her work at Dance Theater Workshop, Center for

---



---

Performance Research, Five Myles, Judson Church, and Spoke the Hub in New York City and internationally in Paris and Budapest.

---