
Pilates Faculty

Ann Brown Allen, Full-Time Instructor of Afro-Jazz, Ballet and Pilates. Pilates Manager. *BA in Education and Psychology, Simmons College*. For the past two decades, she has performed with all of Boston's major modern and jazz dance companies including Peter DiMuro and Associates, Back Porch Dancers and Dance Collective of Boston, touring New England, New York and Europe. She has also been a guest artist with several ballet companies.

Marin Orlosky-Randow, Part-time instructor of Aerial Silks and Pilates-Based Conditioning. *Harvard University, BA in English and a Secondary Field in Dramatic Arts*. Her dance training includes the Joffrey Ballet School, The Ailey School, Trapeze School New York, and New York Circus Arts Academy. At Harvard, she performed with and choreographed for the Harvard Ballet Company, Harvard-Radcliffe Modern Dance Company, Harvard Contemporary Dance Ensemble and Dancers' Viewpointe. A former member of FireFly Aerial Acrobatics and instructor at New York Circus Arts Academy, she has performed and taught aerial silks, partner acrobatics, flexibility training and contortion since 2006. She currently teaches for the A.R.T./MXAT Institute for Advanced Theater Training.

Maite Paillet, Part-time instructor of Pilates Apparatus, Intermediate. *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. 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, and loved the way that she floated out of class, feeling two inches taller. Rachel trained in Australia, receiving her Pilates certification through the Australian Pilates Method Association (APMA), and then undertaking a further 6 months of advanced instructor 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.
