

Boston University Pilates Dance Faculty



Liz Roncka, *Assistant Coordinator of Dance, Instructor of Pole Dance Circuit and Pilates Apparatus classes; BS in Health Sciences, Boston University; MS in Physical Therapy, Boston University; Certified Pilates Instructor, Certified Pole Dance and Fitness Instructor.* Upon completion of her graduate degree at Boston University, 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 has taught dance at Green Street Studios, Boston Pole Fitness, Boston University, as well as being a guest teacher at Bridgewater State College, Boston College, the American Dance Festival and Canaldanse in Paris. Her work has been presented at Dance Theater Workshop, Center for Performance Research, Five Myles, Judson Church, and Spoke the Hub in New York City, Canaldanse and Galerie G in Paris, the Ludwig Museum and MU Szinhaz in Budapest, and the Institute of Contemporary Art, Boston University, the Boston

Center for the Arts (Artist-in-Residency) and the New England Conservatory in Boston. Liz has been teaching Pilates since 2003. She is certified to teach Mat, Reformer, Cadillac, Chair and Barrel. Liz has completed extensive continued education focused on the development of specialized Pilates exercise programs:



Ann Brown Allen, *Part-time Instructor of Pilates. Simmons College, BA Education and Psychology.* For the past four decades, Ann has performed with all of Boston’s major modern and jazz dance companies, including Peter Di Muro’s Public Displays of Motion, Back Porch Dancers, and Dance Collective of Boston, and has toured New England, New York, and Europe. She has also been a guest artist with several ballet companies.



Brigitte Arlé, *Part-time instructor of Pilates. Alvin Ailey/ Fordham University, BFA, 2003.* Brigitte was introduced to classical Pilates in 1995 as a dancer at LaGuardia High School in NYC. She later received her Pilates Mat certification from the Kane School of Core Integration & Apparatus certification from Lawson Harris. Since then, Brigitte has taught in a variety of environments from dance studios, gyms, physical therapy offices, a refugee camp, and even spent a few years as the resident Pilates instructor at the NY Stock Exchange. Brigitte is a Nationally Certified Pilates Teacher (NCPT) who has presented at the Pilates Method Alliance International Conference & Expo. In addition to Pilates, she holds multiple certificates in perinatal & pelvic floor recovery. Aside from Pilates, Brigitte has taken over 1520 hours of training as a yoga teacher & stress management specialist. She applies the tools she’s learned working as a full spectrum doula to her work in the studio. Brigitte developed her own teacher trainings in both Pilates

& yoga through this lens. For this reason, her sessions & classes have a strong focus on interoception, education, fostering self-confidence, and self-advocacy.



Jennifer Binversie, *Part-time Instructor of Pilates. Masters in Arts Leadership and Cultural Management, Colorado State University; BFA Dance Pedagogy with minors in Entrepreneurial Studies and Performing Arts Management, University of Hartford- Hartt School.* A midwest native, Jennifer Binversie was first introduced to Pilates at the age of 12 as a form of cross training to complement her intense dance schedule. Always eager to learn more, she began working with Pilates equipment in high school and never looked back. Jennifer completed her comprehensive training with Polestar Pilates and has been teaching Pilates in the academic setting since 2017 as well as in a private studio since 2018. As an educator she loves learning how to better address the unique goals of students through various forms of continued education and emphasizes a focus on proper alignment, kinesthetic awareness and precision in movement as a means to feeling better in one’s

body. A dancer by trade, a lot of her cues and images come with that background in mind. Other than teaching at BU you can find Jennifer teaching at Upward Spiral Studio in Cambridge, on the classical ballet faculty at Boston Ballet as well as dancing professionally throughout New England.



Yelena Hindman, *Part-Time Instructor of Pilates. BA in Performing Arts, Russia.* Yelena began her education as a stage actress in Russia. Her exposure to ballet and arts ignited her curiosity about the human body, which brought her to study various forms of movement and healing disciplines. A seasoned Yoga instructor, she taught in Asia, Europe, and the US for close to two decades, discovering Pilates along the way. It culminated in a comprehensive certification through Peak Pilates. Her versatile background allows her to provide a tailored experience to each of her clients. From offering a unique perspective on sequencing to breaking unconscious patterns, she seeks to help others to thrive and nurture all the layers of the human experience.



Roger Michael Hoverson, *Part-time instructor of Pilates. B.A. in Music from Northeastern State University, M.M. in Flute Performance from University of North Texas.* Pilates Instructor and flutist, Roger Michael Hoverson, first came across the Pilates Method by chance after picking up a book about Pilates in a Barnes and Noble at the age of 15. Quickly falling in love with Pilates, he remained largely self-taught, practicing off and on for a decade before deciding to become a Pilates Instructor. Roger taught in the greater Dallas area after becoming an instructor in 2017, most notably at On Point Pilates, Pilates Unlimited, and the University of North Texas.

Roger Michael Hoverson has completed the Comprehensive Balanced Body Pilates Teacher Training at Pilates Unlimited (2019), received his BA in Music from Northeastern State University in Tahlequah, Oklahoma (2015), and his MM in Flute Performance with related field in Performance Art Health from the University of North Texas in Denton, Texas (2021), where he was a student of Dr. Mary Karen Clardy.

As a flutist, Roger has found Pilates to be an invaluable resource to help facilitate healthy joint function, increased body-awareness, and efficient posture.

During graduate studies at the University of North Texas, Roger was awarded the "Health Literacy Award," a 40,000\$ grant, from the National Network of Libraries of Medicine of the National Institutes of Health for his proposal "EMPOWERING BAND, CHOIR, AND ORCHESTRA TEACHERS WITH EFFECTIVE HEALTH EDUCATION STRATEGIES" (UG4LM012345) to help facilitate and expand health education in secondary music classrooms across Texas.



Amane Takaishi, *Part-time Instructor of Pilates. BA with Honors in Professional Dance and Performance Studies, Kent University, UK.* Amane is a professional ballet dancer with City Ballet of Boston and a Pilates instructor of Boston Body Pilates. She started Pilates as a part of her ballet training: Elmhurst School of Dance in association with Birmingham Royal Ballet and Central School of Ballet in U.K.. Amane continued Pilates training while she danced with professional companies: Eugene Ballet in Oregon, Ballet Tucson in Arizona, A&A ballet in Chicago. In Boston area, she has worked with many choreographers such as Margot Parsons and Gianni Di Marco. In 2016, Amane enrolled in the instructor-training program offered by Balanced Body. She is comprehensively certified to teach Mat, Reformer, Cadillac, Chair, Barrel and Barre.