

DEBORAH DURBIN

CERTIFIED PILATES INSTRUCTOR



Training Philosophy:

I enjoy offering an integrated movement practice founded in the principles of Yoga, Pilates, & breath awareness, which bring balance to body, mind & spirit. The nature of my studies include a broad range of classical to contemporary inspiration as well as continued openness to learning ~ observing the nature of movement, breath, & conscious attention to alignment, bringing awareness to movement with integrity. I find this practice offers inspiration, balance, & insight as well as a total body workout with little stress on the joints & ligaments, providing subtle correction to unconscious movement patterns that have or could cause injury. The benefits to participants include; development & awareness of flexibility, coordination, agility, physical strength & stamina, endurance & breath awareness. This effort heightens, and enhances body/mind awareness, teaches alignment, balance, muscle activation & the physical & psychological benefits of the breath, providing a release of tension, & path to self realization, & inner harmony. With gratitude I look forward sharing this inspired effort with you. Classes welcome all levels of practice & are available privately, group practice & in workshop formats.

Experience:

Pilates Mat Instructor— Since 2007

Pilates Apparatus Instructor— Since 2009

Yoga & Core Conditioning— Since 2003

Certifications:

- NESTA Pilates Method Certification, Advanced Pilates Mat/Reformer
- EBFA Barefoot Training Specialist
- Yoga Alliance Certification, Southwest Institute of Healing Arts, Tempe, AZ

Education:

- Studio Fine Art & Business & Design, Arizona State University, Tempe, AZ

Interests:

The arts/design, modern dance/yoga, learning/education, spiritual studies, & people in general.

MY GOAL AS YOUR
PILATES INSTRUCTOR
IS TO PROVIDE
CONTEMPORARY MIND
BODY EXERCISE THAT
IS CONDITIONING,
INSPIRING &
ENJOYABLE.



SAN MATEO
ATHLETIC CLUB
AT
COLLEGE OF SAN MATEO

MAKE THE INVESTMENT TO BE
FOCUSED IN YOUR TRAINING PROGRAM