

AURA DEMARE

CERTIFIED PILATES INSTRUCTOR



Training Philosophy:

People come to Pilates for a variety of reasons. For some, it is to continue on a rehabilitative path after an injury or illness. For others, it is to get back into shape or maintain a level of fitness that is supported through the balanced stretch and strength that Pilates exercises are designed for. For all, it is an opportunity to re-connect with one's body to establish greater awareness and ease in movement that supports overall well-being. As a cyclist and competitive swimmer, I have a strong background in sports-related conditioning. As a mindful practitioner, I have a skilled sense of applicability to diverse populations including seniors, teens, and those returning to exercise after injury or illness. I look forward to working with the unique needs of every individual.

Experience:

Pilates Instructor— Since 2007

Yoga Tune Up Roll Model Method - Since 2015

Certifications:

- Integrated Teacher Training Comprehensive Pilates Instructor
- Roll Model Method Instructor
- CPR/AED First Aid

Education:

- M.S. Biology San Francisco State University (2006)
- B.A. Biology UC Santa Cruz (1997)

Interests:

Swimming, Pilates, Yoga, Cycling, Hiking, Camping, Backpacking, Nutrition, Volunteering, Travel

MY GOAL AS YOUR
PILATES
INSTRUCTOR IS TO
HELP YOU GAIN
LENGTH, STRENGTH,
AND BALANCE IN
YOUR BODY FOR
OPTIMAL HEALTH.



SAN MATEO
ATHLETIC CLUB
AT
COLLEGE OF SAN MATEO

MAKE THE INVESTMENT TO BE
FOCUSED IN YOUR TRAINING PROGRAM