

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

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INSTRUCTOR IS TO
HELP YOU GAIN
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ATHLETIC CLUB
AT
COLLEGE OF SAN MATEO

MAKE THE INVESTMENT TO BE
FOCUSED IN YOUR TRAINING PROGRAM