



**SAN MATEO**  
**ATHLETIC CLUB**  
AT  
COLLEGE OF SAN MATEO

# Miriam Damon

## Private Pilates Instructor



### **Training Philosophy:**

I was first introduced to the Pilates Method after I sustained a hip injury. Pilates was so successful in healing my injury and it inspired me to become a Pilates Teacher. My goal is to give my students a way to achieve health by attaining & maintaining uniformed developed body, deep healthy breathing, flexible and elongated spine & joints, robust circulation and the unity of body/mind/spirit.

### **Experience:**

Pilates Mat, Reformer, Mixed Apparatus Instructor Since 2014  
Registered Nurse  
Marriage Family Therapist

### **Certifications:**

Balanced Body Certified Pilates Instructor  
Enrolled in the Pilates Center, Boulder, CO Intermediate/Advance  
Classical Pilates Teacher

### **Education:**

Masters Clinical Psychology, JFK University

### **Interests:**

Pilates and more Pilates, walking, Iyengar Yoga and travel