

# OLEZIA TIKHONOVA

*Certified Pilates Instructor*

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## Training Philosophy

I believe Pilates should be accessible, adaptable, and meaningful for every body. My teaching approach focuses on challenging clients to expand their movement potential through individualized programming, clear cueing, and intentional challenge.

With a background in dance, I bring strong attention to alignment, body awareness, and quality of movement, which informs how I observe and guide each client. I emphasize safe, effective movement and thoughtful progressions, particularly for individuals with injuries or specific movement needs, with the goal of helping clients build strength, mobility, and confidence that carries into everyday life.

## Certifications

- Specialized Pilates Instructor
- Konnectors for Mat and Reformer
- CPR/AED/First Aid

## Experience

**Pilates Instructor** - since 2024

## Education

*Master Degree in Engineering*  
Baltic State Technical University, Saint-Petersburg, Russia

## Interests

I teach contemporary Pilates and practice Classical Pilates for myself. When I'm not on the Reformer or in the Barre class, I enjoy dancing Argentine Tango. Traveling and spending quality time with family and friends bring me joy, and happiness.



*Strength begins with control, confidence begins with posture.*

*Stand tall. Smile. Be proud of yourself.*



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