



YOUR FOREVER FIX, YOUR FOREVER SOLVE, YOUR FOREVER RELIEF, YOUR FOREVER ANSWER

DEVELOPMENTAL PRIVATE SESSION

Teachers & clients from all lineages & experience levels welcome!

★ SESSIONS ARE FILMED & ALL CLIENTS RECEIVE A LINK TO FULL VIDEO OF THE SESSION ★

Developmental Private & Bespoke Consulting with Rebecca Leone

No Pilates experience required!

Description & Booking Information

When I'm in town to teach workshops, I open my schedule to work with you 1-to-1. My 1-to-1 sessions are called "Developmental Privates" when they have to do with movement or the teaching of movement, and they're called "Bespoke Consulting" when they have to do with any other type of skill – such as business development or the use of particular software or hardware – that I have that you'd like to learn. Either way, the time one-on-one is spent with me teaching you whatever it is that I know, about whatever it is you want to learn more about.

Take a Developmental Privates with me, and you'll have your forever fix,
your forever answer, your forever solution, your forever relief.

Here are some examples of how my one-to-one sessions are often spent:

- Reduce/eliminate pain/instability/progress blockers
- Anatomy, muscle biology, athletic training education
- Enhance and expand your fundamental movement skills
- Problem solve, deconstruct and/or rebuild an established or new movement pattern
- Customized consulting for business development, marketing, advertising, programming, staffing, etc.
- Tech support - podcasts, videos, photo enhancement, collages, promotional montages, etc.
- Teachers often encourage their most challenging clients to book sessions with me, and then the teacher observes to learn how I approach solving the challenge
- Scope expansion – righteously expand your professional scope of practice by using the session to learn contract/relax stretching, mind to muscle relaxation techniques, alignment fixes, etc.

I film Developmental Privates and Bespoke Consulting sessions so you can relax, and be fully present, and not worry about having to remember anything. Everything I teach includes suggestions for immediate implementation and immediate benefit for you and for your clients.

If we need it, the full extent of my professional medical and technical network is on call through me, so when I assure you that I can answer all your questions, I mean it.

- \$250 each, cash, check, wire.
- Your session must be fully paid at the time of booking.
- IMPORTANT: I have a "No Refunds" Policy for all bookings, if it turns out you can't make it as originally scheduled, you'll have 1 month from the originally schedule date to complete the session via Skype or Facetime or over the phone.

Questions or to book:

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Rebecca Leone Bio



In case you don't know me, allow me to introduce myself.

I am a Pilates pioneer. I am an itinerant teacher for hire. I am an agent of change.

I am the first educator in the US to teach business development, the first in the world to launch an after-market "post graduate" educational program that strategically fills the educational gaps of comprehensively trained teachers, I was first to provide customized curriculum and exclusive access to cadaver anatomy, the first and only to develop and freely share protocols to achieve idealized alignment and solve common performance problems, the first and only to pursue the establishment of an independent safety standard credential. I am the first to launch a career as a Pilates educator by creating 100% unique content, by creating a unique solo brand, without school affiliation, without association with any other teacher or teachers, and without the support or guidance of any other entity either within or outside of the Pilates industry.

I am a self-made man! And my work has withstood tremendous professional-grade scrutiny.

No other Pilates educator's work has been vetted and scrutinized like mine; since 2005 I have

taught side by side with medical school anatomy professors and my work has been approved by them. A medical school anatomy professor in whose cadaver lab I teach had this to say about my work: "100% accurate, no bullshit."

Unlike any other Pilates educator, I film my courses and give the video to every attendee, I am available for ongoing support **for free**, and I teach for free every month on my private Facebook group, Rebecca Leone Safe Spine Teachers Cooperative, where all proven safe teachers are welcome, regardless of lineage, experience level or whether or not I have ever worked with them.

I am a 2nd generation Classical teacher, I completed my Classical Pilates training in 2001 from Romana Kryzanowska, a protégé of Joe Pilates, and I am certified by the University of Washington in Sports Medicine and Human Performance. I was Pilates Method Alliance Gold Certified (which means I passed the exam prior to the study guide being published) and I've served on the PMA Board of Directors. I began teaching workshops on problem solving in the US in 2003 and internationally in 2007. Although I teach all over the world, my European headquarters are in Torino, Italy and my US headquarters are in Saint Petersburg, Florida.

Since 2007, I've written for on-line and international print magazines. My December 2011 article on Safe Spine Teaching Technique in Pilates Style magazine generated more reader feedback than any other article the magazine had run, to date. I am the creator and author of the free educational website PilatesNun.com and I have educational video websites, <https://vimeo.com/ondemand/cometoclass> & <https://vimeo.com/ondemand/howsitwork>, containing a wide variety of free and on-demand classes and lectures.

Committed to improving safety in the industry and beyond, I am currently fundraising for the creation of a spine safety 3rd party standards exam.

My mission in the Pilates industry is to complete Joe's mission – to make his work accessible to and understood by all - and to use my work to bring people to his.

Prior to entering the Pilates industry, I was a legal assistant, freelance business consultant, and recreational athlete.

Questions? I'm right here. +1 206 963 0755 educationconspiracy@gmail.com