

SARA ALLEGRI (BIO)

Sara Allegri PMA-CPT is a Second Generation Teacher, trained by Lolita San Miguel in West Palm Beach, Florida. Lolita was trained by Joseph H. Pilates himself.

While living in Italy, Sara had the unique opportunity to delve into the teachings of Jolita Trahan, the founder of the Pilates Network. After completing all of the Pilates Network course requirements, Sara was entitled to take, and successfully passed, the PMA exam in Valencia, Spain. The Pilates Network is now one of the select schools approved by the PMA / PSAP. Sara is proud to say that not only did she discover a solid foundation for teaching Pilates, but also discovered a common affinity and love that she and Jolita both share for the discipline and its benefits.

Since 2004 and through the years Sara has been teaching this wonderful discipline around the globe, including Spectrum Clubs of Los Angeles, Lackland Air Force Base in Texas, Motherhood's Destination Maternity in Texas and Pilates Island Studio in Aosta, Italy. She is currently living in Austin, Texas and is the owner and master instructor of Pilates Island Studio, founded in 2007.

Shortly after moving to the States she had the honor of collaborating with the amazing artists and acrobats of Cirque du Soleil Ovo while on their US tour. She was also contacted by Alabama University's Gymnastics Team and worked closely with their talented athletes who, hold numerous NCAA National Championship titles.

Her insatiable curiosity to fully understand what Joe Pilates had tapped into and left behind, is never-ending. Sara believes that Joe had so much more to offer than what he left in writing, so she continued her studies with 2nd Generation Teachers trained by Romana Kryzanowska and attends informative workshops with Sonje Mayo.

Sara considers Pilates "the true science of wellness" and since science is always discovering something new, she too is dedicated to never stop learning about the human body. Consequentially, she started attending courses in Chicago and Malaga, Spain with Rael Izacowitz, known for founding the BASI technique which takes a more scientific approach to Pilates. This fed her curiosity to learn more about how connective tissues worked in the body and their important role in executing exercises.

Now, thanks to John Sharkey, Wendy LeBlanc-Arbuckle and Elizabeth Larkam, a dream came true. They introduced Sara to Biotensegrity: an emerging field of scientific understanding of how bodies work based on the insight that we are primarily tensegrity structures where the bones float in a network of soft tissue under balanced tension. This is a huge finding for anyone teaching the essentials of mind and body work through Pilates and will open doors to endless discoveries.

Sara is all about "discovery", especially discovering ways to help others. One of her greatest motivations that keeps her going are the people she works with, and there is nothing more satisfying than helping people experience the true benefits of Pilates.