

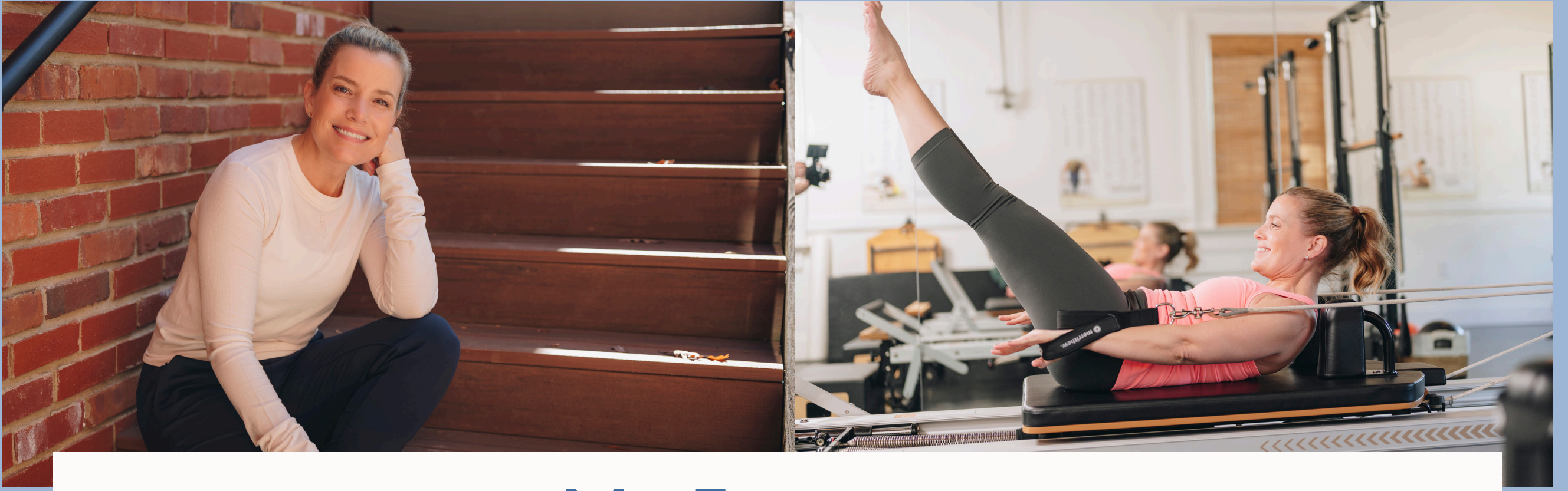


# Path to Pilates Mentors

OUR STORY

PILATES  
MENTORS  
TEACH BETTER THAN YESTERDAY





## My Journey

I never imagined I'd end up in the world of movement and education. After high school, I was active and loved playing sports, but when it came to choosing a career, I leaned into what seemed practical: marketing. I enrolled in Business Administration, convinced that a desk job in an office was my future.

While in university, I was drawn to the campus rec center and quickly fell in love with aerobics — it was more than just a workout; it energized me. Encouraged by the fitness manager, I took an instructor course and was instantly hooked. Teaching became a major part of my life until an SI joint injury forced me to slow down and reassess.

Rehabbing taught me that I had pushed too hard for too long. In 2003, a colleague suggested I try STOTT PILATES®, and while it didn't click instantly, something about the precision and muscular control started to resonate. It helped me connect to my body in a new way — one I hadn't experienced through sports or fitness. In 2004, I enrolled in the Comprehensive STOTT PILATES® Full Certification course while working part-time at the Merrithew™ office. One of the biggest motivators for me was the global recognition of the certification. I loved the idea of eventually travelling and teaching around the world — and that dream became a reality.

After certifying, I stayed at Merrithew to gain experience and deepen my understanding of the method, learning from some of the best in the industry. In 2007, I became a certified Instructor Trainer in Matwork, Reformer, Cadillac, Chair, and Barrels. That same year, I met Elizebeth — and we became instant friends.

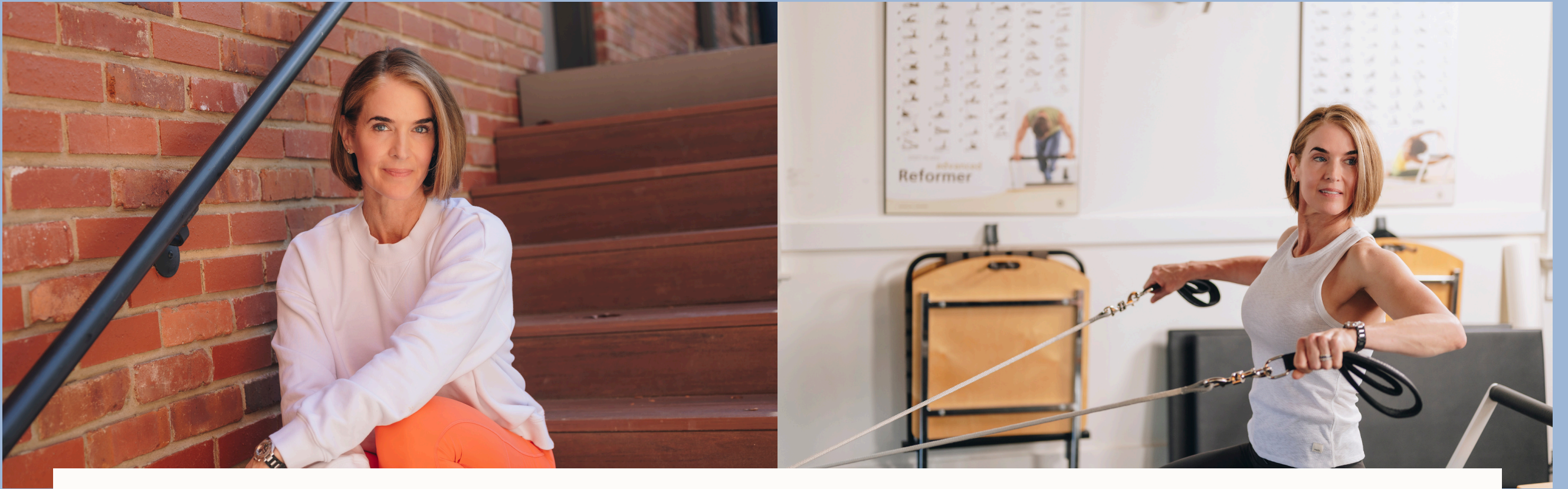
From 2008 to 2020, I had the incredible opportunity to travel the world representing Merrithew, teaching courses and workshops across five continents. In 2012, I became an Instructor Trainer for Injuries & Special Populations and was named a Lead Instructor Trainer. My education hasn't stopped — I've pursued additional certifications, such as Link Advanced Movement Mechanics and Functional Range Conditioning (FRC), and continue to learn from brilliant colleagues and leaders in the industry.

Throughout all of this, Elizebeth and I have shared a passion not just for Pilates, but for teaching teachers. After working with so many instructors, we noticed a pattern: some thrived after certification, while others struggled to connect the dots. And to be honest, I get it — I was one of those instructors too. I'm a visual and kinesthetic learner, and during my certifications, it often took me time to grasp new concepts. I remember feeling frustrated, emotional, and even embarrassed at times because I didn't "get it" as quickly as others. That experience shaped how I teach today. I never want an instructor to feel lost, unheard, or afraid to ask a question. There are enough challenges in this profession — your learning environment shouldn't be one of them.

This is why Elizebeth and I created this platform. We wanted to build a space rooted in empathy, clarity, and support — a place where no question is too small and learning happens without judgment. We both believe in making education accessible, clear, and encouraging. We're still learning too — from our clients, from each other, and from the instructors we work with. I'm so grateful to Merrithew for a 21-year career I could have never planned or imagined. It shaped who I am as a teacher and as a person. As we look ahead, we hope this platform helps you grow, build confidence, and fall even more in love with teaching Pilates. Our mission is simple: to support you — wherever you are on your journey. Maybe you'll meet your bestie, just like I did, in your next pilates course!

*xo Sarah*





## My Journey

My path to becoming a Pilates instructor, instructor trainer, and studio owner was anything but planned. I began my career in fitness as a personal trainer in 1995, and it was actually my dad who first mentioned Pilates—wondering if it could help his golf game. I didn't pursue it right away, but after his passing in 2004, I turned to Pilates as a way to cope with my grief and reconnect with my body after years of gymnastics and intense training.

At first, I saw Pilates as a personal practice—something to help me age gracefully, not a new career. But during my certification, I was required to practice teach. A friend agreed to be my student but insisted on paying me, saying, "If I don't pay you, I won't show up." And just like that, my teaching journey began.

I had always known I wanted to be a teacher; I just hadn't found the right subject. Pilates, and the pursuit of helping others take care of their bodies, became that subject. I continued my education, and in 2007, my mentor Matthew Comer encouraged me to apply for Instructor Trainer school. It was there that I crossed paths with Sarah Jarvis—my future best friend and business partner.

Over the years, I've had the privilege of training instructors worldwide, and in 2012, I was named a Lead Instructor Trainer for Merrithew™. I continued teaching at a local training center, never intending to open a studio, but once again, life had other plans. What started as a desire to be the best educator I could be eventually grew into a boutique studio that has become my happy place.

In 2019, Sarah and I found ourselves reflecting on the common struggles we heard from instructors: the uncertainty, the self-doubt, and the lack of guidance after certification. Out of those conversations, Pilates Mentors was born—a way to provide the kind of mentorship and support we wish we'd had when we were starting out.

Today, I feel grateful to do work I love, with incredible clients and alongside my best friend. Pilates Mentors is a labor of love—two friends helping instructors grow, thrive, and fall in love with teaching.

*xo Elizabeth*





# We hope you enjoy Pilates Mentors



2009



2012



2024

TEACHING BETTER THAN YESTERDAY,

*xx, Elisebeth + Sarah*