



The United States Pilates Association® LLC

Classical Pilates Symposium

September 16-17, 2016

Presenter Bios:



Cary Regan

Cary Regan began her training in the Pilates Method at S.U.N.Y. Purchase in 1975, under the direction of Master Pilates teacher Romana Kryzanowska. Cary received her B.F.A. in Dance from S.U.N.Y. Purchase and continued her Pilates training at the original Pilates Studio in New York City. Cary has been teaching the authentic Pilates Method since 1981. Over the years she has worked, both in New York and Seattle with physical therapists, chiropractors, orthopedists and dance companies. Before joining Uptown Pilates Cary had been on staff at re:AB Pilates, for the past nine years and has been Brooke Siler's assistant for her Authentic teacher training certification program.

Now a teacher for 33 years, Cary still endeavors to teach the work of Joseph Pilates, so that the benefits, both preventative and rehabilitative, will become an integral part of our daily lives!
