



The United States Pilates Association® LLC

## Classical Pilates Symposium

September 16-17, 2016

### Presenter Bios:



*Clare Dunphy*

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**Clare Dunphy** – Like most kids I experienced the world through my senses: touching, tasting, smelling and **especially moving**. I was a kid on the move all the time. My competitive swimming career began at age 7, summer and winter all the way through high school. In junior high, field hockey and lacrosse entered the picture ushering in not only a new phase of my development but taught me discipline, sportsmanship, self respect, leadership and patience. This marked the beginning of my curiosity into self-mastery.

In high school, I recall making a conscious link between physical activity and how it magically and consistently balanced out my mind and teenage emotions. Every sport season brought new life lessons and I was thrilled to be varsity captain for several consecutive seasons. I was awarded a full athletic scholarship to Northeastern University for lacrosse, and it is probably no coincidence that I chose Physical Education as my major.

Soaking up all the information I could on the science of the body and movement, I was fascinated to discover that what I had intuited growing up had a scientific basis. Freshman year, I began teaching aerobics and a new passion emerged. I was able to apply what I was learning academically with my love for movement and sport. The following year I began personal training in residences and then expanded to teaching sports teams and businesses. By senior year I had my own aerobics studio and personal training business. By the time graduation came, **I knew what my calling was: to be a teacher.**

I began leading educational programs to prepare group exercise instructors and personal trainers for their national exam, presenting at multiple fitness conventions and creating DVD exercise programs. My teaching took me all over the globe including visits to the US Air Force bases in Japan, Guam, Okinawa, Korea, Hawaii, and Alaska; and teacher training in Russia, Europe, and around the USA.

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