



**Janine McNerney, MFA, NCPT, MOT**

I am excited to join like-minded passionate movers like you and your Paddler Program! I am a comprehensively trained Fletcher Pilates Teacher, Hypopressives Certified Instructor (pelvic floor), and Manual Osteopathic Therapist. Pilates entered my life through dance while attending school seeking a path in movement therapy. I received my BFA from York University, and MFA from the University of Arizona, with special interest in dance science. Through this education, I was introduced to multiple movement modalities and therapies. After my exposure to Pilates, I quickly fell in love with the vitality the modality offers and pursued my certification.

After moving home to Canada in 2008, I opened Core Movement Pilates and Wellness. I served as a facilitator and faculty member for the Ron Fletcher Program of Study for 4 years and have since moved into offering apprenticeship teacher training. The Osteotherapy element is a newer addition and I am excited to become an advocate for the Pilates profession with this healthcare lens. Through my practice, I am a witness to the huge benefits of the collaboration between manual therapy and movement to bring out the full potential of clients.

As a teacher, I believe continuing education is important and find joy in sharing new information. My teaching style is playful, intuitive, and focuses on the movement leading the experience for the student to explore their unique journey. What I value most is

community, showing up for each other to grow and inspire. I look forward to meeting you virtually in our online classes!