

REBEKAH M. ROTSTEIN
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www.incorporatingmovement.com

Movement educator, bone health specialist and certified Pilates instructor for apparatus and mat, having studied Pilates for nine years in both classical and contemporary adaptations. Former ballet dancer with two decades experience in fields ranging from movement and rehabilitation to athletic training and sports medicine. Instructor with extensive knowledge of anatomy and arthrokinematics. Inspiring and qualified bilingual workshop presenter on osteoporosis and various movement topics throughout the U.S. and internationally.

TEACHING EXPERIENCE

Incorporating Movement, LLC (New York), *Founder*

Founder of company originating and providing PMA-accredited continuing education workshops and seminars to movement specialists, physical therapists and exercise professionals in addition to the general public.

- Workshop topics include *osteoporosis, joint hypermobility, back pain, neck and shoulder discomfort and techniques for proper body mechanics*
- Hired to train staff for esteemed facilities such as *Equinox Fitness Club* and *Alycea Ungaro's Real Pilates*
- Creator of **Pilates for Buff Bones™** workout that optimizes bone health in a Pilates setting

Instructor of Pilates and post-injury recovery addressing pelvic, fascial and muscular imbalances, joint stability and mobility, myofascial release, neuro-muscular repatterning, flexibility, balance, coordination and proper breathing.

Kinected Pilates & Conditioning (New York), *Continuing Education Faculty Member*

Faculty member and osteoporosis expert presenting workshops to professionals and the general public as part of prestigious roster of faculty including surgeons, anatomists and physical therapists.

Kane School of Core Integration (New York), *Expert Instructor, Teacher Training Faculty Member, Guest Lecturer*

Former senior instructor at leading Pilates and movement training institution teaching Pilates apparatus including Reformer, Trap Table, Wunda Chair, High Barrel and Spine Corrector in addition to offering mat classes. Spectrum of clients focused on post-rehabilitation and special populations including pregnant and post-partum women, dancers, clients with osteoporosis, scoliosis, herniated disks, sacroiliac joint instability, ankle sprains, plantar fasciitis, hip replacements, carpal tunnel syndrome and injuries to rotator cuff, meniscus and Anterior/Posterior Cruciate Ligaments. *Member of Teacher Training staff and leader of the Special Populations coursework.* Guest lecturer for the school presenting own workshops with proprietary material from Incorporating Movement.

Dr. Loren Fishman, MD -- Physical Medicine & Rehabilitation (New York), *Movement Rehabilitation Specialist*

In-house movement therapist collaborating with renowned physiatrist, osteoporosis expert and author of several books on managing pain through yoga and exercise. Using Pilates principles, mind-body techniques and movement repatterning to assist patients who do not respond to traditional medical treatments.

New York Hospital (Cornell University, New York), Monthly guest lecturer at The New Mothers' Group

Former presenter of series to new mothers on post-partum fitness and physiology at leading Manhattan hospital.

Mt Sinai Hospital (New York) *Guest lecturer*

Seminar presenter on Pilates, weight management and behavior modification for prestigious hospital's weight loss program.

Eastern Athletic Club (New York), *Mat Class Instructor*

Former instructor of mat classes in boutique Manhattan gym for all levels of Pilates.

International teaching:

- **San Sebastián, Spain – Estudio Pilates Donostia**
- **Santiago, Chile -- Global Pilates**
- **Buenos Aires, Argentina – Hospital de Clínicas, Departamento de Neurología**
- **La Romana, Dominican Republic – Casa de Campo**
- **Asti, Italy -- Cascina Papaveri (The Poppy Farmhouse)**
- **Tecate, Mexico -- Rancho La Puerta**

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(CONTINUED FROM PAGE 1)

CONTRIBUTING WRITER AND FEATURED EXPERT

Authored articles:

- **DrWeil.com** (Web site for Dr. Andrew Weil)
- **Pilates-Pro** (online magazine for the Pilates industry)
- **Hatherleigh Publications** (continuing education credit-providing course for fitness specialists)

Media coverage:

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| • Martha Stewart Living Radio | • Paula (Chilean fashion magazine) |
| • NY1 News (television) | • SELF (interviewed 2009) |
| • Doctor Radio | • Inc Magazine |
| • WomenSpeak Radio | • Vital Juice |
| • Everyday Health | |

CERTIFICATION, CONTINUING EDUCATION and ASSOCIATION MEMBERSHIPS

Kane School of Core Integration, New York, 2003

- Basic Training (traditional apparatus training plus studies in touch, biomechanics and special populations)
- Mat Phase I (traditional mat training and anatomy coursework)
- Mat Phase II (advanced teaching techniques, props integration)

Continuing education coursework:

- Annual human cadaver dissections at New Jersey Medical School
- Osteoporosis: A Comprehensive Treatment Strategy for Physical Therapists, Pilates for Osteoporosis, Healthier Bones, PNF Patterns, Anatomy and Dynamics of the Foot and Ankle, Core Intelligence, Diagonal Tactile Concepts, Anatomy Trains: Myofascial Meridians, Pilates for Pregnancy, The Post-Partum Client, The Psoas Muscle, The Diaphragm, Restoration of the Cervical and Thoracic Spine, The Nervous System
- Studied under and/or shadowed Kelly Kane, Madeline Black, Marie-José Blom-Lawrence, Tom Myers, Irene Dowd, Sara Meeks, Gil Hedley, Debbie Goodman, Sherri Betz, BJ Armstrong, Mike Franke, John Woolf, Jeff Bell, Renee Orona, Kuan Chew, Dr. Mark Klion, MD, Dr. Joy Reidenberg, PhD

Industry memberships:

- **Pilates Method Alliance** (Pilates industry association) – *PMA certified instructor*
- **IDEA** (fitness industry organization)

RELATED BACKGROUND

Student Athletic Trainer, Smith College, 1994-1998

Rehabilitated injured athletes in physical therapy/sports medicine department, providing neuro-muscular re-education and strengthening, electrical stimulation, ultrasound treatment, ice massage, taping and stretching

Ballet Dancer, 1987-1994

Performed with and/or trained at North Carolina School of the Arts, San Francisco Ballet School, Boston Ballet School, Ballet Arizona, Interlochen Arts Camp

EDUCATION

Smith College, Northampton, MA, Bachelor of Arts, 1998

Universidad de Sevilla, Seville, Spain, 1997

North Carolina School of the Arts, Winston-Salem, NC, 1994

CORPORATE EXPERIENCE – Project Management, Marketing and Public Relations

Global Edge, New York, London, Budapest, New Orleans

Discovery International (Medicus Group, Publicis Groupe, S.A.), New York, Chicago

TradeCard, Inc., New York

NBC, New York

LANGUAGES

Spanish (teach workshops and private clients in Spanish in Latin America and Spain)