

Instructor Profile:

Jonathan Lee

Jonathan teaches Pilates in the way in which it was intended by Joseph Pilates.

Jonathan states "Pilates is not just an "alternative" form of exercise, nor is it correct to limit Pilates to a rehabilitative therapy tool that compliments Physiotherapy Chiropractics or Osteopathic treatments. Successful as Pilates is when applied in these ways". from Are We Wrong or Our Right: J Lee 2007

Pilates teaches Correct Breathing. In adopting the breathing techniques in Pilates we will understand how to cleanse the body and move more efficiently. Pilates does this in a similar way in which Chinese Kung Fu masters use breath in their arts for movement and health. Joseph actually adopted the same principles from Kung Fu in his system now called Pilates. Jonathan understands these extremely well as he was taught and befriended by a Chinese master in his late teens and worked with him for 6 years of his life to become a very accomplished free style fighter.

Pilates also teaches Correct Posture and Movement.

In understanding and experiencing correct posture and better movement patterns we better understand how we balance ourselves with the physical and mental stresses life throws at us. In experiencing and adopting and strengthening ourselves to achieve the movements required in Pilates we will move better physically and mentally through our life and balance ourselves with its stresses.

Jonathan knows this only too well. In February 2006 Jonathan was injured whilst training for the GB Triathlon team he was left paralysed and never expected to walk again. He combined his treatment from Physiotherapy and Osteopathy with his knowledge of Pilates and worked his body back to health to complete in Ironman 70.3 UK in June 2008 when he came 16th in his age group race.

"Pilates is not a mental exercise it a practical approach to how we move though our life in every sense of the meaning in the word "move"" from Are We Wrong or Our Right: J Lee 2007

Jonathan was Fully Qualified in all aspects of Pilates by Body Control Pilates Association by 2000

He worked for Gordon Thompsons Rehabilitation Studio, London and was also employed to set up Lynne Robinsons first Body Control Mat classes at Boots Well-Being Centres. Gordon and Lynne are the founder members of Body Control Association

Jonathan spent sometime working alongside Physiotherapist and Surgeons at Paddington St Mary's Hospital Chronic Back Pain Clinic providing specialised exercise programmes for in-patients.

He was also Fully Qualified to teach Mat and all Pilates Studio Apparatus with Stott Pilates in 2003. He was also employed as part of the team to set up the first UK training studios for Stott Pilates in, Kiddlington, Oxford and Central YMCA, London

In May 2008 Lolita San Miguel one of only two people whom was actually trained and certified by Joseph Pilates worked with Jonathan in the studio his County Hall

He is currently exploring ways in which Pilates can be incorporated as part of Safe Dance Practice in his capacity as a lecturer on the British Ballet Organizations' Dance Qualifications.

Jonathan is also involved with athletes referred to him from British Olympic Institute.

He analyzes athletes' movement for safer and more effective training practices and procedures. He is applying this knowledge with one of the United Kingdoms top triathletes, Richard Jones as part of his coaching team The TriLife.com

Jonathan is a Course Director and Senior Instructor for Intelligent Movement Pilates Studio Education

He is also a British Triathlon qualified coach and fully qualified by Central YMCA as a Personal Trainer.

For more information contact Jonathan directly.

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