

Jemima North
Level 4 Professional Practitioner

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My education started in America in 2011. Embarking on the contemporary avenue I quickly fell in love with the Pilates method and the culture that surrounds it.

With a thirst for knowledge and the method I completed my PMA examination in 2012, attending many conferences and workshops before returning to Australia in 2013.

Upon returning, I opened my own studio in North Willoughby, Sydney and applied to the APMA for recognition for my prior learning, becoming a level 2 member.

My Studio is a little over 5 years old and is a beautiful blend of group contemporary, semi private & private lessons. With the continued fascination of the human body and movement, I have made myself accountable for my own growth as a teacher by being apart of two associations (APMA & PMA). Keeping my education up to date in both countries, has given me opportunities to grow into my own teaching style, and yet I feel I will always be learning. 😊

As a mentor I will offer you support, growth, accountability, empathy & plenty of laughs. I will continue to evolve as a teacher and would love to share my experiences with you.