

Lindy Ferguson
Level 4 Professional Practitioner

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Director and Principal Instructor Waverley Pilates
B.Ed Dance

Lindy has a rich background in dance and therapeutic movement training. This allows Lindy to refine exercises and movement patterning towards the therapeutic end and to create an individual challenge, improving core, global strength and joint mobility. Her clients discover a deepening body awareness and improved postural habits.

Lindy uses somatic and myofascial release technique, dynamic alignment through imagery and muscle balance analysis for strength development, Skeletal alignment and pain relief.

She trained and did her apprenticeship with APMA masters Paul Cini and Pauline Johnston and has done further movement therapy studies with Bonnie Bainbridge Cohen, Mary Bond, Tom Myers, Al Schrobisch, Brent Anderson (Polestar) and in the techniques of John Roland, Eric Franklin and Feldenkrais.

Lindy is a certified Pregnancy and Post-Natal Pilates Specialist - trained with Carolyn Anthony, (The Centre for Women's Fitness, USA).