

Rosemary Baker  
Level 4 Professional Practitioner

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I am the sole Pilates Teacher at my own fully equipped Pilates Studio – Ranges Pilates, located in a semi-rural area, Monbulk, on the outskirts of Melbourne, in a highly competitive area.

My studio has been open for 7 years, and I have also worked at a couple of other Pilates studios, one small where I was the only person at any one time and the other larger where there would be up to 4 Pilates Teachers working at one time.

My first introduction to Pilates, at a studio, was in the late 1990's when I was encouraged to help chronic back and neck pain. It helped my back and neck like nothing else had before.

Looking for a career change after 15 years working in corporate sales and marketing, I ended becoming a Personal Trainer. As part of this I also learnt to be a Pilates Instructor for group mat and reformer classes, which I did for about 5 years. There was still this nagging doubt that I hadn't found my real vocation. After a major health issue 10 years ago, I decided to fully train to Teach Pilates and I wish I had done it earlier. It's been one of my best decisions to join this rewarding career.