

Jane Snyder-Rauhauser, PT
Pilates & Related Experience

- 06-10-1982 **Bachelor of Science, Physical Therapy**
Quinnipiac College, Hamden, CT
- 04-08-2001 **Initiation 101; Pilates Matwork Beginner/Intermediate,**
PhysicalMind Institute, BalanCenter Pilates, Narberth, PA
- 09-30-2001 **Pilates Group Foundations I Reformer Training,**
Powerhouse Institute, Chester, NJ
- 10-28-2001 **Pilates Group Foundations II Reformer Training,**
Powerhouse Institute, Chester, NJ
- 03-01-2002 **IDEA Personal Trainer Summit, Baltimore, MD**
Stott Mat work & Fitness Circle Workshop, Moira Stott, Toronto, CAN
- 09-29-2002 **Initiation 201; Certification in Pilates Matwork,**
PhysicalMind Institute, BalanCenter Pilates, Narberth, PA
- 12-30-2002 **Three years of practice as a group fitness instructor**
Active Older Adult, Cardiac Maintenance, Pilates, Lancaster, PA
- 12-24-2003 **Osteoporosis Workshop, Home Study Course**
PhysicalMind Institute, New York, NY
- 03-01-2003 **Established ABSolute Pilates Matwork Instruction**
Lancaster, PA
- 09-17-2003 **Concentration 101 completed, Pilates Apparatus Training**
PhysicalMind Institute, BalanCenter Pilates, Narberth, PA
- 12-30-2003 **Five years of practice as a Therapeutic Massage Therapist**
Lancaster, PA
- 02-02-2004 **Established ABSolute Pilates Inc, Fully Equipped Studio**
Lancaster, PA
- 09-01-2004 **Certified Pilates Instructor, PhysicalMind Institute**
Successfully completed Certification Exam, New York, NY
- 02-15-2005 **Gait Workshop, Home Study Course**
PhysicalMind Institute, New York, NY
- 06-18-2005 **Pilates on Tour - Philadelphia, PA**
Pilates Safe Back Workshop, Karen Clippinger, Berkley, CA
Beyond Reformer Class, Maya Aubrey, Santa Fe, NM
- 10-30-2004 **Twenty-two years of practice as a licensed Physical Therapist**
Orthopedics, Out-patient, Hospital Acute Care, Home Health and Long Term
Care, Hawaii and Pennsylvania
- 11- 20-2005 **Gait Workshop, New York, NY**
Marika Molnar, PT
- 05-14-2006 **Golf & Pilates, Washington, D.C.**
Michael Wright, Body College Pilates
- 08-08-2006 **PilatesStyle Conference - New York, NY**
Band & Ball Workshop, Rebecca Leone, Seattle, WA
Barrel Workshop, Colleen Glenn, Houston, TX
Mini Body Bar Workshop, Clare Dunphy, Boston, MA
Power Chair Workshop, Clare Dunphy, Boston, MA
Healthy Shoulders, Kelly Kane, New York, NY
Basically Advanced Mat Class, Rebecca Leone, Seattle, WA (cont'd)
Foot Corrector & Sandbag Workshop, Colleen Glenn, Houston, TX

- 10-07-2007 **Deeper Perspectives: The Spine - Rosemont, PA**
 Cara Reeser, Pilates Aligned Inc., Denver, Colorado
- 10-18-2007 **Adult CPR/AED certification, Lancaster, PA**
 American Red Cross
- 11-04-2007 **Pilates Method Alliance 7th International Educational Conference - Orlando, FL**
 Breathing: The Third Guiding Principle of Joseph Pilates, Brent Anderson,
 Miami FL
 Advanced Mat Class, Sara Picot, Arlington, VA
 The Resistance Principle, Alycea Ungaro New York, NY
 Mat Class, Mari Winsor, Los Angeles, CA
 Asymmetrical Exercises for Asymmetrical Bodies, Jillian Hessel,
 Los Angeles, CA
 The Shoulder Girdle and Pelvis Girdle, Rachel Taylor Segel, Boulder, CO
 Getting the Feeling and Taking it Home, Marie-Jose Blom-Lawrence,
 Los Angeles, CA
- 12-11-2007 **Respiration, the Diaphragm and the Pelvis - New York, NY**
 Kelly Kane, Kane School of Core Integration
- 06-14-2008 **Six Day Intensive Human Dissection - Boston, MA**
 Gil Hedley, PhD, Somanautics Workshops, New Paltz, NY
- 07-12-2008 **Certified Pilates Teacher, Pilates Method Alliance**
 Successfully completed Certification Exam, Miami, FL
- 06-15-2009 **Six Day Intensive Human Dissection - Boston, MA**
 Gil Headley, PhD, Somanautics Workshops, New Paltz, NY
- 05-25-2010 **Heartsaver CPR Certification**
 American Heart Association, Lancaster, PA
- 07-25-2010 **Pink Ribbon Program - Babylon, NY**
 Fab Pilates & Balanced Body University