

**Stacey Little**  
**Pilates & Related Experience**

- 1988-2005 **Seventeen years of practice as a dance instructor**  
Instructed ballet, tap, jazz and lyrical dance to children ages 3-17  
North Carolina, Florida and Pennsylvania
- 1981- 2003 **Twenty-two years of dance performance and choreography**  
Danced with various companies; Assisted with choreography  
North Carolina, Florida
- 05-15-2002 **Initiation 101; Pilates Matwork Beginner and Intermediate,**  
PhysicalMind Institute, BalanCenter Pilates, Narberth, PA
- 06-30-2002 **Initiation 201; Certification in Pilates Matwork,**  
PhysicalMind Institute, BalanCenter Pilates, Narberth, PA
- 09-17-2003 **Concentration 101 completed, Pilates Apparatus Training**  
PhysicalMind Institute, BalanCenter Pilates, Narberth, PA
- 2003 - 2005 **Two years of practice as a Certified Pilates Instructor**  
Symmetry Pilates & Yoga Studio in West Chester, PA
- 06-18-2005 **Pilates on Tour - Philadelphia, PA**  
Pilates Safe Back Workshop, Karen Clippinger, Berkley, CA  
Posture Play Workshop, Marie Jose Blom-Lawrence, Long Beach, CA
- 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  
Foot Corrector & Sandbag Workshop, Colleen Glenn, Houston, TX
- 10-07-2007 **Deeper Perspectives: The Spine - Rosemont, PA**  
Cara Reeser, Pilates Aligned Inc., Denver, Colorado
- 09-10-2008 **Adult CPR/AED certification, Lancaster, PA**  
American Red Cross
- 06-30-2009 **Guest Instructor, Franklin and Marshall College Dance Dept, Lancaster, PA**  
Principles of Pilates and Comprehensive Pilates Mat Instruction for Dancers
- 05-25-2010 **Heartsaver CPR Certification, Lancaster, PA**  
American Heart Association