

Miriam Bremer

I've enjoyed a long and fulfilling career as a professional dancer after completing my training at Elmhurst Ballet School in Surrey in 1993. I went on to perform with Adonais Ballet Company for three years, before embarking on a mammoth nine year stint as the principal dancer with the world renowned Irish dance show, "Spirit of the Dance", among other productions. Having trained as a pilates teacher in matwork with The Body Control Pilates Association, more information on which can be found below, I am a full member of the Association and a member of the Register of Exercise Professionals at level 3 for the national standard for Pilates. I am based in Battersea, South London.

I started doing Pilates a few years ago as a way of maintaining and conditioning my body whilst touring the World with various dance shows. The lifestyle could be pretty brutal at times! The often cramped travelling conditions and demanding work schedule would take its toll on the bodies of the fittest dancers, but in Pilates I found a way of re-balancing and strengthening my body from within, which meant I eventually enjoyed a long dance career, beyond my expectations.

Having also taught dance for many years and recognising my passion for teaching, I decided to train with Body Control Pilates to become a teacher, as I thought it was time to pass this wonderful method on to others, from any background, and pay forward my experience of the many benefits of Pilates.

I certainly have a lot to thank it for!