

Lottie Pederson

Education and Professional Development Summary

University and College

- Bachelor of Arts (with Distinction) | Collaborative studies Dance/Kinesiology/Dance Education | University of Calgary
- Diploma of Dance | Grant McEwan College, University of Alberta
- Youth Development - Child Care Counselling Certification Diploma | Grant McEwan College

Pilates Certifications

- Facilitating Certification Studies: Moving Breath Pilates | Virginia Nichols | Phoenix, Arizona, Calgary, AB | 2000, 2001
- Certification - The Physical Mind Institute, The Pilates Method | 2004
- Pilates Method Alliance (PMA) SmartCore™, Somatosensory Approach to Smart Core Intelligence Supported by the SmartSpine System™ | Marie Jose Blum | Phoenix, Arizona and Vancouver, BC | 2007
- Certification - Comprehensive, The Pilates Method | Core Dynamics, Michele Larson | Santa Fe, New Mexico | 2011
- Pilates Method Alliance (PMA), Continuing Education - Applications of the Pilates Method for Hip and Knee Rehabilitation | Core Dynamics, Michele Larson | Santa Fe, New Mexico | 2011
- Pilates Method Alliance (PMA), Continuing Education - Applications of the Pilates Method for Mobile Spine | Core Dynamics, Michele Larson | Santa Fe, New Mexico | 2011

GYROTONIC® Expansion System Certifications

- GYROTONIC® Comprehensive Certification | Celia Huton and Debra Rose | Santa Fe, New Mexico and Miami Beach, Florida | 2009
- GYROTONIC® Applications for the Shoulder Girdle | Paul Horvath | Phoenix, Arizona | 2013
- GYROTONIC® Jumping Stretching Board | Rich O'Conner | New Mexico | 2014
- GYROTONIC® Psoas Principles | Jurgen Bamberger | Phoenix, Arizona | 2014
- GYROTONIC® Course Updates and Re-certifications | Dominika Borovansky-Gaines | Phoenix, Arizona | 2015, 2016, 2017, 2018
- GYROTONIC® Applications for Scoliosis | Luca Biasini | Italy | 2019
- GYROTONIC® Course Update and Re-certification | Pascal Leonard | Montreal, QC | 2022
- GYROTONIC® Level 1 Update Course | Dominika Borovansky-Gaines | 2023
- GYROTONIC® Jumping Stretching Board Course | Pascal Leonard | Montreal, QC | 2023
- GYROTONIC® Level 2, Program 2, Pre-Training Course | Pascal Leonard | 2023
- GYROTONIC® Level 2 Program 2, Pre-Training Certification | 2024
- GYROTONIC® Level 2 Program 2 Course Certification | Donna Place | Orange County, California | 2025
- GYROTONIC® Pre-training Level 2 Program 1 | Dominika Borovansky-Gaines | Phoenix, Arizona | 2025

GYROKINESIS® Certifications

- GYROKINESIS® Comprehensive Certification | Alicia Head, Adrianna Thompson | Los Angeles, California | 2015
- GYROKINESIS® Yoga for Dancers | Hilary Cartwright | Phoenix, Arizona | 2015
- GYROKINESIS® Breathing Course - Intensive | Nancy Lepore | Montreal, QC | 2017
- GYROKINESIS® Course Updates and Re-certifications | Dominika Borovansky-Gaines | Phoenix, Arizona | 2019
- GYROKINESIS® Lotus Blossom, Program 2 Course | Alicia Head | Long Beach, California | 2023
- GYROKINESIS® Lotus Blossom, Program 1 Course | Pascale Leonard | Montreal, QC | 2023



Restorative Exercise/Nutritious Movement®

- Nutritious Movement Specialist Certification | Katy Bowman | Washington | 2018

ZHealth Performance Solutions

- Studies in Neuro-movement, a Brain-Based Approach to Movement Performance | 2018 to 2025
 - Essentials of Elite Performance | Vancouver, BC
 - R Phase - Rehabilitation and Re-education | Phoenix, Arizona
 - I Phase - Integration | San Diego, California
 - S Phase - Sport and Skill Development | Online
 - T Phase - Therapy and Threat Management | Online
 - 9S Sustenance and Spirit | Online
 - 9S Structure | Online
 - 9S The next Evolution | Online
 - The Vision Gym | Online
 - The Balance Gym | Online
 - The Strength Gym | Online
 - Post Concussion Rehabilitation | Online

Other

- National Coaching Certification Program (NCCP) - Theory | 1997
- Canadian Figure Skating Association NCCP - Technical | 1997
- Canadian Figure Skating Association NCCP - Practical | 1998
- MoveNat® Fundamentals
- Neuro-centric Approach to Optimizing the Spine | Kinesphere Centre for Movement Education | Phoenix, Arizona | 2019
- Anatomy Trains/Myofascial Meridians | Thomas Myers | Victoria BC | 2005 and 2007
- Anatomy Trains/Myofascial Meridians | Mark Finch | Calgary, AB | 2006