

Paula Harris

Pilates Education and Training

Education

- 2015 Comprehensive Pilates Instructor Certificate (with Distinction)
PMA Registered Course
Hearts and Bones Pilates, Wellington
- 2015 Buff Bones® Licensed Instructor
Buff Bones®, New York, USA
- 2013 Pilates Mat Instructor Certificate (with Distinction)
Hearts and Bones Pilates, Wellington
- 2006 National Certificate in Adult Education and Training
The Open Polytechnic of New Zealand

Training

- 2017 Tribute to Carola (Pilates Heritage Training)
Pre-Pilates Techniques: Foundations for Teaching the Pilates Method
On The Reformer (Pilates Heritage Training)
Deborah Lessen (USA)
Sydney, Australia
- Tribute to Carola (Pilates Heritage Training)
Teaching Strategies for Posture Patterns
The High Backed Chair (Pilates Heritage Training)
Deborah Lessen (USA)
Melbourne, Australia
- Rocking to Release
Carolyne Anthony, The Center For Women's Fitness (USA)
Sydney, Australia
- 2016 Cancer, Lymphoedema and Exercise for Body Movement Professionals
Carla Mullins, Body Organics (Australia)
Melbourne, Australia
- 2015 Blossom Sings Kathy's Song – Reformer (Pilates Heritage Training)
Blossom's Matwork Masterclass
Blossom's Barrel Exploration
Blossom Leilani Crawford (USA)
Sydney, Australia

Contractile Fields & Archetypal Postures & The Applications in Pilates
Phillip Beach
Wellington

Standing And Spiralling: Full Body Integration
Rebekah Rotstein (USA)
Sydney, Australia

2014 Cueing One: Cueing for Integration
Cueing Two: Push and Pull
Pelvis One: Psoas and Sacrum
Carla Mullins, Body Organics (Australia)
Wellington

Pilates Exercise For Whole Body Movement
Moving With Gravity: Lower Body
Moving With Gravity: Upper Body
Tania Huddart, Hearts and Bones Pilates (NZ)
Wellington

Pilates Applications For The Pelvic Floor
Pre/Post Natal Pilates Specialist (Mat and Equipment)
Pilates For Menopause (Mat and Equipment)
Carolyne Anthony, The Center For Women's Fitness (USA)
Melbourne, Australia

The Post-Partum Client
Debbie Goodman, Kinected (USA)
New York, USA

Breaking Down The Barrels
Bob Liekens (2nd generation Pilates teacher) (USA)
New York, USA

Kathy Grant's Cats and Beyond
Blossom Leilani Crawford (2nd generation Pilates teacher) (USA)
New York, USA



Training with Blossom Leilani Crawford

2013 Franklin Method – Fabulous Feet
Franklin Method – Ultimate Abdominals
Bruce Hildebrand (Australia)
Wellington

Moving With Gravity Conference
Fabiola Haru, Haru Health (NZ)
Tania Huddart, Hearts and Bones Pilates (NZ)
Wellington

Pre/Post Natal Pilates Specialist (Mat)
Carolyn Anthony, The Center For Women's Fitness (USA)
Sydney, Australia

2011 Standing Strong, Standing Tall
Tania Huddart, Hearts and Bones Pilates (NZ)
Wellington

Demystifying The Shoulder
Tania Huddart, Hearts and Bones Pilates (NZ)
Wellington