

**Pat Lundgren Guyton**  
Master Pilates Teacher  
PMA Gold Certified

## Professional History

July 2005-Present	<b>Owner and Director</b> Pat Guyton Pilates, Inc. 3825 Iris Ave., Suite #300 Boulder, Colorado 80301 Studio.303.449.7284
2009 - Present	<b>Franklin-Method® Educator Level I</b>
2001-2008	<b>PMA Board of Directors – Alumni Member</b>
January 2003-2007	<b>The Ron Fletcher Program of Study</b> <b>Co Director</b> 3825 Iris Ave., Suite #300 Boulder, Colorado 80301
January 2004-2005	<b>Master Pilates Teacher</b> <i>Colorado Health Quest</i> 1800 30 <sup>th</sup> Street Suite 206 Boulder, CO 80301
January 1994-Present	<b>Physical Medicine Assistant</b> Boulder Osteopathic Center 2150 Pearl Street Boulder, Colorado 80302
January 1987-1994	<b>Pilates Teacher</b> The Centerworks 5383 Centennial Trail Boulder, Colorado 80303
September 1985-1987	<b>Pilates Teacher</b> <i>Farentinos Gym &amp; Stephan's Studio</i> Boulder, CO
1978- 1989	<b>Choreographer, Coach, and Lecturer</b> United States Gymnastics Federation
1976- 1986	<b>Assistant Director</b> Mary Staton Dance Ensemble

## Pilates Method Training

Began teaching September 1985 with Stephan Frease.

Received training in September in 1986 with Bruce King, First Generation Master Pilates Teacher.

Received training in July 1992 with Kathy Grant, First Generation Master Pilates Teacher.

Began training with Ron Fletcher, First Generation Master Pilates Teacher, in October 1995.

- Completed over 90 workshops between October 1995 and December 2006, accumulating over 1800 training hours.
- Senior Teacher—Ron Fletcher Method. Certificate of Merit by Ron Fletcher in October 1997.
- Master teacher—Ron Fletcher Method. Certificate of Merit by Ron Fletcher in May 2000. Ron Fletcher Workshop Assistant 2000-2006
- Artistic Director of The Ron Fletcher Company in May 2006
- Master Teacher & Disseminators of the Fletcher Work May 2006

## **American Academy of Musculoskeletal Medicine**

Presented Pilates Method at the following sponsored conferences:

- Getting a Grip on Low Back Pain, Vail, CO. July, 1995.
- Specifically the Neck, Vail, CO. July, 1996.
- Getting a Grip on Low Back Pain, Vail, CO. July, 1996.
- Getting a Grip on Low Back Pain, Denver, CO. July 23-26, 1997.
- Ankle, Knee, and Hip, Denver, CO. September 25-28, 1997.
- Millennia 2000: Sports Medicine, Las Vegas, NV. February 4-7, 1998.
- Shoulder, Elbow, and Wrist, Denver, CO. April 23-26, 1998.
- Ankle, Foot, Posture and Gait, Denver, CO. June 26-28, 1998.
- The Lumbo Sacral Spine, Denver, CO. July 23-25, 1998.
- Ankle, Knee and Hip, Denver, CO. September 24-26, 1998.
- Injection Extravaganza, Denver, CO. October 15-17, 1998.
- Posture, Diagnosis, and Treatment, Denver, CO. November 6-7, 1998.
- Posture, Diagnosis and Gait, Denver, CO. May 1-2, 1999.
- Shoulder, Ankle, and Gait, Denver, CO. June 24-26, 1999.
- Low Back in Musculoskeletal Medicine, Denver, CO. July 22-24, 1999.
- Ankle, Knee, and Hip, Denver, CO. August, 19-21, 1999.
- The Cervical Spine and Upper Extremity, Denver, CO. February 16-20, 2000.
- Low Back in Musculoskeletal Medicine, Denver, CO. June 15-17, 2000.
- Ankle, Knee, Hip in Musculoskeletal Medicine, Denver, CO. August 3-5, 2000.
- Upper Extremities, Denver, CO. February 22-24, 2001.
- Getting a Grip on Low Back Pain, Denver, CO. June 21-23, 2001.
- Below the Waist Workshop, Denver, CO. August 9-11, 2001.
- Above the Waist Workshop, Denver, CO. February 24, 2002.
- Below the Waist Workshop, Denver, CO. August 13-15, 2002.

## **Conferences, Appearances and Events**

- Introduction to Ron Fletcher Work, Bluefield Medical Center, Bluefield, VA. November 4-6, 1999.
- American Academy of Osteopathy, Annual Convocation, Cleveland, OH. March 2000.
- Renewing Body and Soul Conference, Denver, CO. October 2000.
- Winter Intensive Course on Spine Corrector, Pilates Center, Boulder, CO. March 13, 2001.
- Essence of Movement Workshop, Guest Master Teacher. Colorado Springs, CO. September 8, 2001
- University of Colorado School of Music, Guest Master Teacher. Boulder, CO. Fall 2001.
- Power Plus Workshop Series, Guest Master Teacher. Denver, CO. February 25, 2001; April 16, 2001; July 28-29, 2001; October 26-27, 2001; November 16-17, 2001; December 14-15, 2001; January 18-19, 2002; February 22-23, 2002; March 15-16, 2002.
- Body Works Studio, Guest Master Teacher. Tucson, AZ. February 16-17, 2002.
- The Body Wellness Center, Guest Master Teacher. Cincinnati, OH. March 8-10, 2002.
- Core Fitness, Guest Master Teacher. Findlay, OH. November 1-3, 2002.
- Body Works Studio, Guest Master Teacher. Tucson, AZ. June, 2002.
- Pilates Method Alliance, Guest Teacher for Conference. Miami 2002.
- Body Wellness Center, Guest Master Teacher. Cincinnati, OH. February 28, March 1-2, 2003.
- Body, Mind, Spirit Exposition, Guest Presenter. San Jose, CA. May 8-10, 2003, 2004, 2005, 2006
- American Academy of Pain Management, Guest Speaker. Denver, CO. September 6, 2003.
- Physical Methods, Guest Master Teacher. Bethlehem, PA. September 19-21, 2003.
- Tower/ Guillotine Workshop, Collaboration of Pat Guyton Pilates, Inc. and Pilates of Boulder. Boulder, CO. September 17, 2005.
- Pilates on Tour, Newport Beach, 2004; Toronto and Denver, 2005.

- Canyon Ranch: Pilates Day, Guest Master Teacher. Canyon Ranch, AZ 2005.
- The Ron Fletcher Program of Study, 2002-2007
- Studio A, Guest Master Teacher. San Antonio, TX. September 26-28, 2003.
- Pat Guyton Pilates, Inc. Working the Spine March 24-25 2005
- International Student Workshop, Pat Guyton Pilates, Inc. November 13–16, 2006
- International Student Workshop, Pat Guyton Pilates, Inc. February 26 – March 1 2007
- Pat Guyton Pilates, Inc. Elements of Contrology for Physical Therapists March 29 – 3
- Encouraging the Application of Mat Work Into The Pilates Equipment Education
- Pilates Day: Mary Bowen and Magic Circle: May 17 2007
- Pilates Conservatory™: Unit 1 – Unit 4: Comprehensive Pilates Study, Sept – Dec, 2007
- Functional Posture and Spinal Mechanics for Pilates: Alycea Ungaro's Real Pilates, New York City, September 22, 23 2007
- Encouraging the Application of Mat Work Into The Pilates Equipment Education: Center Pointe Pilates, Santa Barbara, January 4, 5, 6, 2008
- Pilates Conservatory™: Unit 1 – Unit 4: Comprehensive Pilates Study, April - Sept, 2008
- Looking Front – Working Back: Alycea Ungaro's Real Pilates, New York City, May, 17, 18 2008
- Fundamentals of Pilates – Pilates Conservatory™ (In Japanese) Pat Guyton Pilates, Inc. June 16, 17, 18 2008
- Pilates: The Old is New and the New is Old: Swissbody Pilates, Geneva, Switzerland October 3, 4, 5 2008
- Pilates: The Old is New and the New is Old: Singapore, Oct 31, Nov 1, 2, 2008
- Spine Corrector Workshop: Fort Collins, Oct 22, 2008
- Pilates Conservatory™: Unit 1 Fundamentals: Inspiration to Movement, Phoenixville, PA, Dec, 6, 7 2008
- Inspiration to Movement: Inservice: Philadelphia, Dec 6, 7, 2008
- Centerpointe Pilates: The Old is New and The New is Old: Santa Barbara, CA. Jan 8, 9, 10 2010
- Pilates Center of Toledo: Looking Front – Working Back: Toledo, Ohio. January 23, 24, 25 2009
- Bodies in Balance: The Old is New and The New is Old: Madison, New Jersey. Feb., 7, 8 2009
- Pilates Bodyworks: Functional Movement Education For Everybody, Singapore. May 21-, 25 2009
- Pat Guyton Pilates: Climbing Upward From Your Plateau: Boulder, CO. June 2 – 5, 2010
- Core Pilates: Looking Front – Working Back: Louisville, KY. September 26 – 27, 2009
- Swissbody Pilates: Beginning and Intermediate Trapeze Table: October 19 – 23, 2009
- Centerpointe Pilates: Franklin-Method® Pelvic Power: Santa Barbara, CA. January 15, 2010
- Centerpointe Pilates: Progressing Forward: Santa Barbara, CA. January 16, 17. 2010
- Pilates Lab, Daiknyama: Fundamentals for Progression, Tokyo, Japan. February 25, 26, 2010
- Pilates Lab, Daiknyama: Looking Front Working Back: Tokyo, Japan. February 27, 28, 2010
- Pilates Center of Toledo: Franklin-Method® Pelvic Power: January 12, 2010
- Pilates Center of Toledo: Progressing Forward: Toledo, Ohio. January 13, 14 2010
- Body, Mind, Spirit Conference: Shoulder Girdle for Cadillac & Reformer & SOS: April, 2010

#### **Publications, Media and DVD Productions**

- 1998 Daily Dozen For a Better Body. Collaborator on Posture Video.
- 2000 Conceived and launched initial www.ronfletcherwork.com website.
- 1987-05 Authored and Developed The Ron Fletcher Program of Study syllabus.
- 2002 The Ron Fletcher Program of Study Presents Towel Work.
- 2003 The Ron Fletcher Program of Study Presents Spine Corrector.
- 2003 The Ron Fletcher Program of Study Presents Mat work.
- 2010 Stretch Out Strap, Shoulder Girdle and Arm Work, Pat Guyton. OPTP, Minneapolis, MN 55447. ISBN 978-0-9799880-7-3

#### **Educational and Business Associations**

- 2000-2003 President of Ron Fletcher Work Board of Directors.
- 2002-2008 Pilates Method Alliance Executive Board of Directors.

2003-2006 Co Owner and Co Director of the Ron Fletcher Program of Study.  
2007-2008 Owner of Pilates Conservatory™author of syllabus.  
2008, June 29 Host Eric Franklin: Franklin-Method®  
2008, Nov. 29 Host Eric Franklin: Franklin-Method®  
2009, Host Eric Franklin: Franklin-Method® Level I Teacher Training  
2009, Sept: Franklin-Method® Educator Level I  
2010, Host Eric Franklin: Franklin-Method® Level II Teacher Training