

Pat Lundgren Guyton
Master Pilates Teacher
PMA CPT Gold Certified

Professional History

July 2005-Present

Owner and Director:
Pat Guyton Pilates, Inc.
3825 Iris Ave., Suite #300
Boulder, Colorado 80301
Studio.303.449.7284

2011 – Present

Pilates Conservatory® Japan
Pilates Alliance: Tokyo, Japan

2004 – Present

Pilates Conservatory®
Owner – Continuing Education

2009 - Present

Franklin-Method® Educator Level I, II, & III

2001-2008

PMA Board of Directors – Alumni Member

January 2003-2007

The Ron Fletcher Program of Study, Co-Director
3825 Iris Ave., Suite #300
Boulder, Colorado 80301

January 2004-2005

Master Pilates Teacher
Colorado Health Quest
1800 30th Street Suite 206
Boulder, CO 80301

January 1994-Present

Physical Medicine Assistant
Boulder Osteopathic Center
2150 Pearl Street
Boulder, Colorado 80302

January 1987-1994

Pilates Teacher
The Centerworks
5383 Centennial Trail
Boulder, Colorado 80303

September 1985-1987

Pilates Teacher
Farentinos Gym & Stephan's Studio
Boulder, CO

1978- 1989

Choreographer, Coach, and Lecturer
United States Gymnastics Federation

1976- 1986

Assistant Director
Mary Staton Dance Ensemble

Pilates Method Training:

Stephan Frease, 1985.

Bruce King, First Generation Master Pilates Teacher. Sept. 1986.

Kathy Grant, First Generation Master Pilates Teacher. July 1992.

Ron Fletcher, First Generation Master Pilates Teacher. 1995 – 2006.

Ron Fletcher: Completed over 90 workshops (1800 hours) Oct 1995 - Dec 2006.

Senior Teacher: Ron Fletcher Work. Certificate of Merit: Awarded by Ron Fletcher in October 1997.

Master teacher: The Ron Fletcher Work. Certificate of Merit: Awarded by Ron Fletcher in May 2000.

Ron Fletcher Workshop Assistant: 2000-2006.

Artistic Director: The Ron Fletcher Company in May 2006.

Master Teacher & Disseminator of the Fletcher Work: Awarded by Ron Fletcher May 2006.

American Academy of Musculoskeletal Medicine

Pilates Method Presenter at the following sponsored courses:

Get a Grip on Low Back Pain: Vail, CO. July, 1995.

Specifically the Neck: Vail, CO. July, 1996.

Get a Grip on Low Back Pain: Vail, CO. July, 1996.

Get 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 Lumbar 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.

Get 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.

Pilates Conferences, Workshops 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: Co-Presenter with Kevin A. Bowen. Denver, CO. October 2000.
Winter Intensive Course on Spine Corrector: The 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.
Aspen Music Festival: Guest Pilates Master Teacher, Aspen, CO. 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. 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.
Pat Guyton Pilates, Inc: Tower/ Guillotine Workshop, Pat Guyton & @Pilates of Boulder. Boulder, CO. September 17, 2005.
Pilates on Tour: Guest Master Teacher Newport Beach, 2004.
Canyon Ranch: Pilates Day, Guest Master Teacher. Canyon Ranch, Arizona, 2005.
The Ron Fletcher Program of Study: Master Teacher. 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.
Pilates on Tour: Guest Master Teacher. Toronto, Canada. 2005.
Pilates on Tour: Guest Master Teacher. Denver, Colorado. 2005.
Pat Guyton Pilates, Inc.: International Student Workshop, November 13–16, 2006.
Pat Guyton Pilates, Inc: 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, 2007.
Pat Guyton Pilates, Inc: Pilates Day: Mary Bowen and Magic Circle: May 17, 2007.
Pat Guyton Pilates, Inc: Pilates Conservatory™: Unit 1 – Unit 4: Comprehensive Pilates Study, September – December, 2007.
Alycea Ungaro’s Real Pilates: Encouraging the Application of Mat Work into the Pilates Equipment Education©, New York City, September 22, 23 2007.
Centerpointe Pilates: Encouraging the Application of Mat Work into the Pilates Equipment Education, Santa Barbara, January 4, 5, 6, 2008.
Pilates Conservatory™: Unit 1 – Unit 4: Comprehensive Pilates Study, April - Sept, 2008.
Alycea Ungaro’s Real Pilates: Looking Front – Working Back©, New York City, May, 17, 18 2008.
Pat Guyton Pilates, Inc.: Fundamentals of Pilates, Pilates Conservatory™ (Japanese Translation) June 16-18 2008.
Swissbody Pilates: The Old is New and the New is Old©: Geneva, Switzerland, Oct. 3, 4, 5 2008.
Pilates Bodyworks: Pilates: The Old is New and the New is Old©: Singapore, Oct. 31, Nov 1, 2, 2008.
Fort Collins Health Club: Spine Corrector Workshop©: Fort Collins, Oct 22, 2008.
Inspiration to Movement: Pilates Conservatory™: Unit 1 Fundamentals: Phoenixville, PA, Dec. 6-7 2008.
Inspiration to Movement: In-service: Philadelphia, Dec 6-7, 2008.
Centerpointe Pilates: The Old is New and The New is Old©: Santa Barbara, California, January 8-10 2009.
Pilates Center of Toledo: Looking Front – Working Back©: Toledo, Ohio. January 23-25 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: Pilates Conservatory®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.

Pilates Alliance: Progressing Forward©: Tokyo, Japan. June 6-8, 2010.

Pilates on Tour: Pilates Mat Work: Doing the Work and Feeling the Work: Denver, Colorado. August 1, 2010.

Swissbody Pilates: Pilates Conservatory Unit 1-The Wunda Chair©: Geneva, Switzerland. October 18-22, 2010.

Pilates Method Alliance Conference 2010: Doing the Work and Feeling the Work©: Nov. 3-5 2010.

Pilates Lab, Daiknyama: Extending Pilates©: Tokyo, Japan. Dec. 2-5, 2010.

Pilates Lab, Daiknyama: Progressing Forward©: Fukuoka, Japan. Dec. 10-11, 2010.

Centerpointe Pilates: Extending Pilates©: Santa Barbara, CA. January 2010.

Centerpointe Pilates: Franklin Method® Pelvic Power: Santa Barbara, CA. January 2010.

Pat Guyton Pilates, Inc: Pilates and Franklin Method® Pelvic Power for Equestrians©: Boulder, CO. 2010.

Studio A Pilates: Pilates and the Franklin Method® Pelvis: San Antonio, Texas: April 2011.

Studio A Pilates: Franklin Method® Pelvic Power: San Antonio, Texas: April 2011.

Pilates Salud: Extending Pilates©: Mexico City, Mexico: May 2011.

Pilates Salud: Franklin Method® Pelvic Power: Mexico City, Mexico: May 2011.

Pilates Salud: Franklin Method® Liberate Your Neck and Release Your Shoulders: Mexico City, Mexico: May 2011.

Pilates Alliance: Pilates Conservatory® Unit 1: Tokyo, Japan: June 2011.

Colorado Athletic Club: Franklin Method® Pelvic Power: Boulder, CO. August, 2011.

Pilates Center of Cincinnati: Extending Pilates©: Cincinnati, OH, 2011.

Pilates Center of Cincinnati: Looking Front – Working Back©: Cincinnati, OH, February, 2012.

Studio A: Franklin Method® and Pilates©: San Antonio, TX, March 2012.

Pilates Salud: Extending Pilates©: Mexico City, Mexico, April 2012.

Pilates Salud: Franklin Method® for Dancers©: Mexico City, Mexico April 2012.

Spanish International Convention of Pilates: Extending Pilates – On the Reformer©: Madrid, Spain, April 2012.

Spanish International Convention of Pilates: Spine Corrector©: Madrid, Spain, April 2012.

Harmony Pilates and Physical Therapy: The Added Dimension: Pilates and the Franklin Method®©: Honolulu, HI, May 2012.

Briala Bodyworks: Third Dimension for Yoga©: Lancaster, PA, June 2012.

Pilates Alliance: Nagoya, Japan: Stretch out Strap, PNF and Pilates Mat©: October 2012.

Pilates Alliance: Pilates Conservatory® Unit 2: Reformer: Japan, October, 2012.

Studio A: Franklin Method® Pelvic Power: San Antonio, TX, December, 2012.

Studio A: Franklin Method® Imagery Exercises for a Strong, Flexible and Healthy Spine: San Antonio, TX, December, 2012.

Studio A: Franklin Method® Relax Your Neck and Liberate Your Shoulders: San Antonio, TX, December, 2012.

Studio A: Franklin Method® Fabulous Feet: San Antonio, TX, December, 2012.

Studio A: Franklin Method® and Pilates Mat and Reformer©: San Antonio, TX, December, 2012.

Studio A: Franklin Method® and Pilates Spine Corrector©: San Antonio, TX, December, 2012.

Studio A: Franklin Method® and Pilates Trapeze Table and SOS Strap©: San Antonio, TX, December, 2012.

Studio A: Franklin Method® and Pilates Reformer and Barre©: San Antonio, TX, December, 2012.

Firmpoint Pilates Studio: Pilates Conservatory®: The Core Connection – Pelvis and Shoulder Girdle©: Indonesia, February, 2013.

Bodies In Balance: Pilates and the Franklin Method®: The Added Dimension©: Madison, New Jersey, March, 2013.

Pilates In Asia (PIA): The Dance of the Shoulder Girdle and Spine & Spinal Extension in Pilates With Reformers©: Seoul Korea, Pilates In Asia (PIA): May, 2013.

Sagrario Pilates Studio: Pilates and the Franklin Method®: The Added Dimension©: Toronto, Canada: May/June, 2013.

Pilates Alliance: Pilates Conservatory® Unit 3©: Tokyo, Japan, July, 2013.

Pilates Alliance: Franklin Method® Pelvic Power: Nagoya, Japan, July, 2013.

Pilates Move: Pilates and the Franklin Method® Pelvis©: Buenos Aires, Argentina, October, 2013.

Pilates Method Alliance Annual Meeting – Mat Class: October, 2013.

Pat Guyton Pilates, Inc: Franklin Method® Pelvic Power Workshop: Boulder, Colorado, January, 2014.

Miraval Resort: Stretch Out Strap: Shoulder Girdle and Arm Work - Staff Class: Tucson, Arizona, February, 2014.

Studio Define: Franklin Method® Introduction To Imagery, Franklin Method® Pelvic Power, Franklin Method® Release Your Neck and Liberate Your Shoulder, Franklin Method® The Psoas, Franklin Method® Fabulous Foot: Busan, Korea, April, 2014.

Pat Guyton Pilates, Inc.: Introduction to Franklin Method® Pelvic Power: Boulder, Colorado, Healing Spirits Massage School, April, 2014.

Pilates In Asia (PIA): Pilates Mat and the Franklin Method® The Heart and the Lungs©, & Pilates Reformer: The Functional Shoulder Girdle and Arm: Seoul, Korea, June, 2014.

Pilates Loft Studio: Mentoring With the Master©. Ann Arbor, Michigan, July, 2014.

Pilates Loft Studio: Franklin Method® Pelvic Power. Ann Arbor, Michigan, July, 2014.

Pilates Loft Studio: Pilates and Function: Intricacies of the Interior©: Ann Arbor, Michigan, July, 2014.

BodyQuest Pilates: Pilates and Function: Intricacies of the Interior©: Tucson, Arizona, August, 2014

BodyQuest Pilates: Franklin Method®: Release Your Neck and Liberate Your Shoulders: Tucson, Arizona, August, 2014.

Pat Guyton Pilates, Inc: Pilates Conservatory® Japanese Invitational©: Boulder, Colorado, August, 2014.

Coastline Pilates: Franklin Method® Pelvic Power. Santa Cruz, California, September, 2014.

Coastline Pilates: Pilates and Function: Intricacies of the Interior©: Santa Cruz, California, September, 2014.

BASI Pilates World Conference: Pilates Mat and the Franklin Method® The Heart and the Lungs© & Pilates Reformer: The Functional Shoulder Girdle and Arm©: Tokyo Japan, October 2014.

Pilates Alliance: Pilates Conservatory® Unit 4: Tokyo, Japan, October, 2014.

Pilates Alliance: Breathing Life Into Your Mat Work©: Nagoya, Japan, November, 2014.

SOHAP: Pilates Spine Corrector and Functional Spine: Mexico City, Mexico, November, 2014.

Prescott University: Franklin Method® Pelvic Power, Franklin Method® Relax Your Neck and Liberate Your Shoulders: Prescott, Arizona, January, 2015.

SOHAP: Pilates and Function: Mexico City, Mexico, April. 2015.

Studio A: Pilates and Function – Relationship to the Core: San Antonio, Texas, May, 2015.

Peak Pilates Conference: Guest Presenter, Miami, Florida, May 2015.

Peak Pilates, Pilates Festival at Pilates Alliance: Guest Workshop Presenter: Tokyo, Japan, July, 2015.

Pilates Conservatory Japan®: Pat Guyton Workshop Tour 2015: Numazu & Nagoya, Japan, July, 2015.

Body Control Studio: Pilates and Function – Relationship to the Core: Oltern, Switzerland, August, 2015.

Pilates Alliance: Pilates Conservatory® - Unit Four: Tokyo, Japan, September, 2015.

TriPilates: Franklin Method® Pelvic Power: Chicago, Illinois, October, 2015.

TriPilates: Pilates and Function – Relationship to the Core: Chicago, Illinois, October, 2015.

Pilates Method Alliance Annual Meeting: Mat Presenter: Denver, Colorado, November, 2015.

Publications, Media and DVD Productions:

Collaborator on Posture Video: Daily Dozen for a Better Body. 2000.

Website Development: Initial launch of Ron Fletcher Work website. 2001.

Author and Principle Teacher: The Ron Fletcher Program of Study syllabus. 1987-2005.

Author and Principle Teacher: The Ron Fletcher Program of Study Presents Towel Work. 2002.

Author and Principle Teacher: The Ron Fletcher Program of Study Presents Spine Corrector. 2002.

Co-Producer: The Ron Fletcher Program of Study - Presents Mat work. 2003.

Author: Stretch Out Strap Shoulder Girdle and Arm Work, Pat Guyton: OPTP, Minneapolis, MN 55447. ISBN 978-0-9799880-7-3: 2010.

Pilates Anytime: Mat Class January 2011.

Pilates Anytime: Spine Corrector Workshop, Spine Corrector Class, SOS and Mat Class, July 2011.

Pilates Anytime: January 2012.

Pilates Anytime: August 2012.

Pilates Anytime: August 2013.

Pilates Anytime: March 2014.

Educational and Business Associations:

President: Ron Fletcher Work Board of Directors.

Pilates Method Alliance: Executive Board of Directors.

Co-Owner and Co Director: The Ron Fletcher Program of Study. 2002 – 2007.
Pilates Conservatory®: Owner and author of syllabus. 2007 – Present.
Pat Guyton Pilates: Host Eric Franklin: Franklin-Method®: 2008, June 29.
Pat Guyton Pilates: Host Eric Franklin: Franklin-Method®: 2008. Nov. 29.
Pat Guyton Pilates: Host Eric Franklin: Franklin-Method® Level I Teacher Training: 2009.
Pat Guyton Certified: Franklin-Method® Educator Level I: 2009.
Pat Guyton Pilates: Host Eric Franklin: Franklin-Method® Level II Teacher Training: 2010.
Pat Guyton Pilates: Host Eric Franklin: Franklin-Method® Level I Teacher Training: 2010.
Pat Guyton Certified: Franklin Method® Educator Level II – Certified, Sept. 2010.
Pat Guyton Pilates: Host Eric Franklin: Franklin Method® Level III Teacher Training. 2011.
Pat Guyton Pilates: Host Eric Franklin: Franklin-Method® Level II Teacher Training: 2011.
Pat Guyton Certified: Franklin Method® Educator Level III - Certified 2011.
Pilates Anytime Distinguished Instructor: 2011 – Present.
Pat Guyton Pilates: Host Eric Franklin: Franklin-Method® Level II Teacher Training, 2012.
Pat Guyton Pilates: Host Eric Franklin: Franklin-Method® Level I Teacher Training: 2013.
Core Dynamics Teacher Training Campus, Kevin A. Bowen, Owner and Director: Registered Vocational School in State of Colorado, 2014.