

# Peak Pilates® Master Instructor Linda Foster | Rome, Italy



## What do you love about teaching Pilates classes?

I love seeing the remarkable physical and mental changes that result from regular training: better posture, a quieter mind with increased power of concentration, chronic pain reduction, increased dynamic strength and flexibility.

## What is your favorite apparatus?

I love and use them all. My favorite is the balanced use of all [apparatus](#).

## **What makes Pilates such a great workout?**

The universality of Pilates training makes it good for all athletes, dancers, performers, business people, the elderly...everyone! And the results are often incredible.

## **What inspired you to become a [Certified Peak Pilates Instructor](#) and then a Peak Pilates® Master Instructor?**

After having offered many teacher training courses in fitness and dance exercise, I wanted to be able to train highly qualified instructors in the Classical Pilates method. The Peak Pilates® Educational is was the best on the market and I helped introduce it in Italy.

## **Share a memory from your experience as a teacher/coach/presenter that embodies the value of being a Certified Peak Pilates Instructor or Peak Pilates Master Instructor?**

1. At the conclusion of her [Level II](#) exam, a teacher told me the story of her success as a Pilates Mat instructor. Paola had taken over a Mat class at a large fitness center. She began teaching the pure classical method she was learning and practicing in the course. She began with Fundamentals, taught them all and gradually progressed her students. She began with a few students and after one month had a waiting line outside the studio door! Up to 30 students were lining up for her

classes. The secretary of the club asked her what kind of witchcraft she was using to create such a following—she replied, Peak Pilates!

2. I work with a 75 years- young woman who is a former Opera Singer. She came to me with chronic pain everywhere; in her back, her feet, her neck. Her shoulders were extremely rounded, and her head carried forward of the spine with a severe thoracic-kyphosis. She had many former health issues and I hardly knew where to start. So I started with the simplest, most basic exercises. Tatiana's greatest challenge was roll-up; so we did wall series, then roll-back on the [Cadillac](#) (still needing much assistance). We modified, we persevered. Tatiana showed incredible discipline, and high will and desire. She never missed a lesson, she never complained or asked to do a little less. After over a year of practice two days a week Tatiana can do roll-up unassisted and even executes roll-back one arm in Part C. Using building blocks Tatiana can even do a decent Tree on the Ladder Barrel. She stands straight and tall. Her chronic pain has almost disappeared. But most importantly, Tatiana feels she has a new lease on life and a renewed faith in herself. What a lucky teacher I am to have met her!

## **What advice would you give to someone who is thinking about becoming a Certified Peak Pilates Instructor?**

Go for it! Expect to be challenged and to work. Sign up early so you can receive your study materials and prepare. Strive to be the best you can be. Peak Pilates Educational courses are designed to create great teachers.

**What's one of your favorite motivational quotes?**

"Knowledge is a treasure but practice is the key to it."

**Do you have a hero in the Pilates community, someone who deserves recognition for their leadership?**

Clare Dunphy

**Is there anything about you that would surprise people?**

Each year on Feb. 14th, I organize and lead a Mega Flashmob for the international event One Billion Rising to protest violence against women and girls, gender violence, and violence against the environment. This year I proposed a mini-performing arts festival and campus rising February 13, at the University of Rome Sapienza: Fly the Spirit Revolution – OneBillionRising@Sapienza...Drum, Dance, Rise! I challenge all [Peak Pilates MIs](#) to dance with us!

**General Biographical information: Linda Foster**

*Choreographer, Dance Educator, Pilates Master Instructor*

Linda Foster has created and produced works for dance companies in the United States, the Comune di Roma, theater and television, including Il Carnevale di Roma/Palazzo dell'Esposizione 2010 and in 2012 the "site specific" choreography, MoveAble Space/WaterFire – part of the Estate Romana summer festival in collaboration with American artist Barnaby Evans and the Cultural Association, Tevereterno.

She has presented Master Classes at various universities,

including the College of William and Mary's Summer Dance Intensive where she presented the Tevereterno project as part of their "Business of Dance Seminar".

In Los Angeles, Linda was a member of the modern dance company of internationally renowned choreographer, Donald Byrd. In addition to her experience as dancer and choreographer, before moving to Rome in 1983, Foster worked for Lorimar Productions as Assistant to the Senior Vice President of Television and Film Production. In Italy, Foster has produced three fitness videos for the Italian market.

Widely recognized for introducing the concept of Personal Training to Italy, Foster has created various successful fitness and health related businesses in Rome.

As educator, Foster has developed national teacher training programs for the Federazione Ginnastica d'Italia and Federazione Italiana Fitness. In addition, Foster presents her own system of stress reduction and mind/body integration, MindBodyStretch, through interactive workshops and master classes.

Foster earned a BA in Psychology from the College of William and Mary and a BFA in Dance from California Institute of the Arts.

Currently she is a Master Instructor and Training Coordinator for Peak Pilates and directs Linda Foster Pilates & Dance – Studio Monti in Rome.

Watch video for [WaterFire Roma](#)

**What year did you join the Peak Pilates Master Instructor Team?**

2007

**Where do you teach Pilates classes and/or  
Pilates Certifications/ Continuing  
Education workshops:**

LindaFoster Pilates & Dance – Studio Monti, Roma Italia