



Susana Ceballos

Integrative Pilates Specialist

Expertise

- Extensive experience in Pilates group and private sessions
- Proficient in teaching Pilates rehab, healthy habits, and fitness
- Creator of the KPA-7-12 method for teaching Pilates to children.

Key Skills & Competences

- Empathetic understanding of client needs
- Expertise in postural assessment
- Skilled in designing Pilates rehabilitation programmes
- Proficient in motivational techniques
- Detail-oriented in correcting body misalignments
- Dedicated to achieving lasting client results

Contact details

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Qualification & Courses

Exercise Professional Qualifications

- **Level 3**- Sports Massage Therapist, 2023
- **Level 4**- Lower Back Pain Management, 2022
- **Level 3**- Exercise Referral (Exercises for chronic disease), 2021
- **Level 2**- Exercise & Physical Activity for Children, 2015
- **Level 3**- Pilates Instructor Associate - CIMSPA

Pilates Courses

- Pilates Rehab & Special Populations-Post-graduate studies 2023-2024. Due to complete in December 2024
- Pilates for Kids & Teens- APPI 2020
- Bone Health & Osteoporosis - Stott Pilates 2019
- Level 3 Mat & Comprehensive Equipment Certification - Pilates International, 2010-2011 London
- Pilates Reformer & Cadillac - PMA Course, Mexico 2007
- Pilates Mat & Reformer (Basic & intermediate) & Small Equipment, SCU Mexico 2005-2008

Other Fitness Courses

- Posture Analysis Specialist - ACE, 2018
- Flexibility, obesity and metabolic syndrome -GSSI Mexico, 2009
- G-Trainer Senior - GSSI. Mexico 2008
- Personal Trainer (Foundation) - SCU Mexico, 2008
- G-Trainer Junior - Gatorade Sports Science Institute, Mexico 2006

Work Experience

- Successfully delivered training courses with my method for teaching Pilates to children KPA 7-12 in Seoul, South Korea, in 2023 & 2024
- Founded "Kids Pilates in Action"-Pilates for children, 2015-Present
- Senior studio Instructor for the Pilates Clinique, 2012-Present
- Instructing Mat group & Private sessions. TotalFit, 2014 -2017
- Designed & delivered a Posture Awareness Workshop. Mexico 2011
- Instructing Pilates Mat in Mexico 2006- 2010
- CEO- Colormix Design & Branding, 1988 -2010

Education

- MBA, Anglia Ruskin University, London 2015
- Industrial Design Bachelor's degree, UNAM Mexico

Languages

- Spanish, native speaker
- English Professional working proficiency
- French limited working proficiency