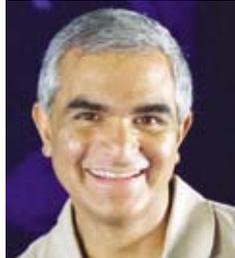


ALLAN MENEZES

Pilates Pioneer and Master Teacher



Allan Menezes was born and finished his schooling in Salisbury, Rhodesia (now Harare, Zimbabwe).

He was a school record holder in athletics and represented his school and province in various track and field events. After school he went to the Albion, NY, USA as an exchange student where he broke school records in track and field and came 3rd in the Western New York State Championships.

Menezes then went to England to complete a BA Equivalent with work in the Tourism Industry. Whilst at college he was Captain of the Volleyball and Basketball teams. He then went on to Canada to complete a Business Degree at Brock University, Ontario and was captain of the University Rugby Team.

While studying in Canada, Allan injured his back in a rugby game - a deliberate kick to the lower back.

For the following two years Menezes attended almost every different practitioner he could think of who would have some hope of alleviating the pain.

He then returned to England in 1981 to complete a Masters Degree at the University of Surrey in Guildford.

1982 - Allan first discovered Pilates in London in while completing his thesis for his Masters. He loved what pilates was able to achieve for his back pain and requested to become an instructor and was accepted. After several months at the first studio, based at the Pineapple Dance Studios in Covent Garden he was head hinted and recruited by Alan Herdman Studios where he achieved the best grounding in the Pilates Method that he had ever encountered. Alan Herdman is one of the Master Teachers of the Method who introduced Pilates into the UK. While there, Allan was able to gain top level exposure to the dance world and train principles and company members from the Royal Ballet, Saddlers Wells and other top level dance schools.

The one drawback in his training, was that Menezes' original instructors had very little anatomical or athletic knowledge or training having come from ballet backgrounds. They could not explain the whys and wherefores of muscle mechanics and its application to Menezes as an ex-athlete. Allan then devised my own routines for improving squash,

volleyball, etc. and programs for other fitness enthusiasts. These proved to be popular as more exertion was required and the routines became hard work. You could even sweat during these Pilates workouts!!

1986 - Menezes established the first Pilates studio in the southern hemisphere with the Body Control Pilates Studios in Sydney, Australia, using his Athletic Pilates(tm) System. Many members of the Australia Ballet, Sydney Dance Company and many ballet schools attended as well as a who's who of the Australian Acting world as well as singers from the Australian Opera.

1992 - Menezes became a founding member of the Institute for the Pilates Method of Santa Fé, New Mexico, USA, in (now the PhysicalMind Institute) and was one of two non-Americans on its Education Advisory Board.

1994 - after setting up 2 more studios, he established the first true franchise of a Pilates studio.

1996 - Allan founded the Pilates Institute of Australasia. This was established to cater for the growing demand for quality training and to provide accredited workshops and courses in the Pilates Method.

1999 - Allan wrote the bestseller, "*The Complete Guide to the Pilates Method*". As the demand for Pilates continued to grow, he felt this will be an invaluable text for those wishing to reduce those niggling aches and pains and for those wishing to become familiar with the basics steps in sensible body maintenance and even those embarking on a [career](#) in the growing Pilates industry. This book is a basis of, not only perfection in movement, but also a requirement for the next step into exercising for physical rehabilitation.

The book was used by the Institute for the Pilates Method (USA) and the Pilates Institute (UK) as a training manual for their students. It was also used as an exercise prescription manual for the Degree Course in Osteopathy at the University of Western Sydney. This book also became the Basis of the Healthy Lifestyle Manual produced by Fitness Australia as a guide for safer exercising in Pilates in the Gym environment.

2000 - The book was reprinted in the USA with a second edition in **2004** and a Spanish edition in **2009**. It is available on-line from the Pilates Institute as an e-book. The two books Jo Pilates wrote, compiled into one volume, "*Pilates – His Complete Works*" by the Institute is also available from [Pilates Online Shop](#).

Allan and the Pilates Institute have also produced [13 DVD titles](#) on the Pilates method. Some of these titles have also been reproduced in the UK, USA, Germany, Turkey and other countries.

1998 - Menezes also trained in New York in the Gyrotonic Method with Gyrotonic Corp USA and pioneered this method in Australia.

2002 - Allan also won the tender to write the modules for Floor and Reformer for the Sports Recreation and Training Board (SRTB) to establish effective and safe learning modules for those training in Pilates in Australia.

2007 - Allan was invited to present papers at a Sports Medicine Conference in Gothenburg, Sweden.

2014 – Allan became an Accredited Pilates Teacher of the Pilates Method Alliance (USA)

Menezes has also worked with Weight-Watchers Australia to produce a Pilates DVD. Allan has trained the gym staff in Menezes Method Pilates at the Hilton Maldives Spa and Resort.

Allan has also trained instructors from around the world and regularly conducts courses in Denmark, Singapore, New Zealand, USA, Brazil, South Africa, Zimbabwe, Turkey and the UK.

Those who have already trained in Pilates around the world in other styles have found Allan's teaching still a challenge physically, and also mentally as his approach is so mechanically different and innovative, that they have to change what they have been taught to be more bio-mechanical and specific.

Allan has also presented workshops at FILEX in Sydney – the largest fitness exhibition in the southern hemisphere. He will also be presenting workshops at the 3rd Pilates Congress in Sao Paulo, Brazil and at the Pilates Method Alliance Annual Conference in Denver in 2015.

A new book, "*The MENEZES METHOD – The Ultimate Guide to Pilates Training* " will be available in **2015** as well as 2 other books and 5 new DVDs.

Allan lives in Sydney, Australia.

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