

## **SUSIE HIGGINS**

**MCSP, cert. Bodycontrol Pilates (UK) Instructor; cert. Schroth Instructor; cert. PMA Instructor; Licensed Ron Fletcher Instructor; cert. Pre and Postnatal Pilates Instructor; Certified Pilates Instructor; Pilates For Children; Physiotherapy Assistant (Canada); Chartered Physiotherapist (Germany, UK); Member of the Chartered Society of Physiotherapy (UK); BSc Physiotherapy conversion degree from physiotherapy diploma in 2011**

Susie qualified as a physiotherapist in Germany in 1989 and took her first Pilates certification in 2001. In 2018 Susie went for two weeks to the Asklepius Katarina Schroth Klinik in Germany to become a Schroth therapist for scoliosis specific treatment. Susie has now been teaching movement and Pilates for 20+ years certifying initially through Body Control Pilates (UK) in mat work and reformer. Along the way Susie certified in comprehensive equipment Pilates through Balanced Body, became a licensed Ron Fletcher Instructor and certified Parkinson's Wellness Recovery (PWR!) Instructor as well as Pre and Postnatal Instructor. Susie is actively involved with the dance community developing and teaching dance specific strength and conditioning programs for dancers and dance students (ages 9-18 years). She loves to work with her dance students (recreational to Pre-Professional) as it is both fun and challenging and there is always something to learn. Susie regularly attends and presents at local dance events, is a member of IADMS, presenting at regional and international conferences and is an active member of Healthy Dancer Canada.