

NATASCHA MAIR

PILATES INSTRUCTOR | MAT & REFORMER

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PROFILE

Pilates instructor teaching mat Pilates since 2020 and reformer since 2024 across London studios, corporate events and private sessions. Clear, supportive teaching style with focus on alignment, control, strength and confident movement. Former principal ballerina with international performance experience and a strong understanding of body awareness.

TEACHING EXPERIENCE

2024 - Present Reformer and Mat Pilates Instructor - Teaching reformer and mat Pilates classes and private sessions in studio settings and at events.

- Current regular workplaces include The Wilder Studios, Reformcore, BXR and Triyoga.
- Other studios and clients include Power Pilates UK, The Island Studio, BLOK, Third Space and corporate events.

2020 - 2024 Mat Pilates Instructor - Teaching mat classes for mixed levels in person and online.

KEY STRENGTHS

- Mat Pilates
- Reformer Pilates
- Private 1:1 sessions
- Group classes

ADDITIONAL EXPERIENCE

Certified mat and reformer Pilates instructor. Personal Trainer Level 3. Former Principal Ballerina with English National Ballet and Vienna State Ballet. Natascha is a fitness enthusiast and is currently training in gymnastics, kickboxing, taekwondo and rock climbing towards a career in stunts.