

Meet the Presenters

Ashley Ritchie

Ashley has been on her toes from the age of 4. Her career went on to embody 23 years of Royal Academy of Dance ballet training, 7 years of dance instruction and 22 years as a Pilates Practitioner – all encapsulated by the natural body intuition and enthusiasm she brings to her teaching.

She is a Principal Faculty Member for BASI (Body Arts and Science International Pilates) and presents BASI Pilates Teacher Training Courses and Advanced Education Certifications globally, from South Africa, USA, UK, Europe, Australia and as far afield as Japan.

Mark and Ashley Ritchie have one of the largest Pilates and Specialized Training Centres. Body Mechanix Wellness Centre can be found at 119 Buckingham Avenue, Craighall Park.

WORKSHOPS:

- Pilates for Cervical Discs
- Pilates for the Mature Client
- Core & Power of Pilates Principles

PRACTICAL CLASS:

- Wonderful Wall Unit

Theo Botha

Theo has been on the BASI International Faculty since 2002 and is currently one of only three principal instructors in the organization. Theo is also the proud owner of Body Intellect, a Pilates studio in Pretoria, South Africa and the headquarters of the BASI Pilates® franchise in South Africa.

Her career includes teaching at the On-Center Conditioning studio in Southern California under her mentor, Rael Isacowitz. She has also taught the BASI teacher training courses around the world, including in the US, New Zealand, Brazil, Dubai, Hong Kong, London, China, Japan, Italy, Spain and Namibia. Theo is also a Performance Stability Instructor Trainee and works in conjunction with medical professionals to assist clients in retraining strategies.

A firm believer in continuing education, Theo has hosted three International BASI Pilates® symposiums and presented at numerous presentations and workshops. Theo earned her Bachelor of Education degree in Dance at the Pretoria Technikon. She enjoys spending time with her son, Stephan, daughter Inge and husband Riaan.

WORKSHOPS:

- More than just a Wall Unit
- With a Twist
- Find & Fix Movement faults

PRACTICAL CLASS:

- Spine Corrector Class

Inge Pretorius

Like many people I came to Pilates in a roundabout way. After a short, successful stint in the interior design industry I was left unfulfilled, uninspired, and unhappy. I knew I didn't want to carry on that way and focused all my energy on making a positive change in my life, and so found Pilates. I have a deep passion for the Pilates method, specifically the BASI approach and all it embodies. To me it is about more than just teaching Pilates as an exercise form,

I believe it should be integrated into all areas of one's life and that everyone can benefit from its teachings. Over the course of the five years that I've been teaching I've had the privilege of learning from some of the industry's most inspiring professionals including BASI founder Rael Isacowitz, and I look forward to sharing my Pilates journey with everyone I encounter along the way. I feel truly honored to be joining the incredibly inspiring BASI organization as a faculty member, and am excited for the challenges and triumphs that lie ahead

WORKSHOPS:

- Working with Male Clients
- Reform Reformer
- Rotator Disc & Gliders
- Giving it Spring

PRACTICAL CLASSES:

- Circle it!
- Power Pilates

Kelly Fullerton

I am a proactive team player, with a positive, vibrant attitude. I am currently thriving as an accomplished BASI Comprehensive Pilates instructor and Booty Barre at my own studio, Dynamic Posture Pilates, in Morningside Johannesburg, certified in May 2009.

The moment I was introduced to Pilates 11 years ago I was hooked!

Pilates became and still is my passion in life. Every day I wake up with a purpose – which makes for a very fulfilling life- for which I am grateful for. Everything that I do centres around Pilates.

I am a driven, dedicated BASI instructor whose attention to detail is of benefit to all new, and long-standing clients.

The highlight in my career has been completing my Mentor BASI Course 2012 with Rael Isacowitz, Master Instructor and Founder of BASI Pilates, I attended the second time with Theo Botha in 2019.

I endeavor to complete the Legacy program in the future.

Pilates, Dance, Equestrian riding and cycling are an inspiration in my life which I have excelled in throughout my life. I am so blessed to be in a career that gives me the opportunity to share my passion and fascination in the art of human movement.

My one true love and life besides Pilates are my beautiful two daughters Taylor-Anne and Georgia-Lee whom I cherish and live each day for.

PRACTICAL CLASSES:

- Give it a Band-Aid

Marinda Pretorius

Completed her mat course in 2009 and comprehensive in 2010. My love of movement and teaching movement started with Karate in high school. My knee injury brought to a hold and this is where my Pilates journey started.

I have a great love for the outdoors and people. Looking forward to seeing you in my class.

PRACTICAL CLASSES:

- Box it!

Leon Moore

Leon has been appointed in various finance roles for the past 12 years of which he has been in private practice for the last 7 years.

During his tenure with ReachOut Financial Services he's completed two honors degrees in Tax, Financial Accounting, Financial Reporting, Management Accounting and Auditing which laid the foundation for qualifying as a Chartered Accountant (SA) and registered Tax Practitioner.

He was appointed to the position of director and HOD within ReachOut during 2017 joining a highly skilled team of professionals in the financial service industry.

Currently his main focus in the company is to share the power of Artificial Intelligence and how embracing technology can give back hours in your life whilst increasing profitability.

PRACTICAL CLASSES:

- Pilates, Me & Tax

Sulene Ashton

Sulene is a Comprehensive BASI Instructor. Her quest to ease postural health lead her to become a certified MAP Movement (Myofascial Activated Posture) Trainer. To learn more about fascial movement, she invites Slings Myofascial Training to South Africa, where she follows their learning pathway annually.

WORKSHOPS:

- Pilates & Fascia

Liané Brink

Liane grew up surrounded by music and movement. After starting with Ballet classes at an early age, she went on to study Dance Technology at Tshwane University of Technology. This is where her teaching journey started with Pilates and Contemporary dance as a focus point.

Liané has been a movement teacher for the last 17 years, offering Pilates, Zumba and dance classes. Choreography of movement is one of her greatest passions. At the 'Learn from the Leaders' Symposium in Pretoria in 2018, Liané had the honour of presenting a Rhythm Pilates class inspired by the founder – Lisa Hubbard.

Currently, she is a BASI qualified Pilates Instructor and Rebound instructor at Body Intellect in Brooklyn, Pretoria. For the last two years, the rebounder became the main platform on which Liané brought her love for Pilates, dance, music and rhythm together.

WORKSHOPS:

- Bound to Bounce

Andria Pretorius

Andria is from Pretoria and has been teaching Pilates for 18 years. She teaches dynamic, fun classes with the focus on a well-balanced, functional body. With a deep love for Anatomy and education, there is always something new to learn!

PRACTICAL CLASSES:

- Foam Roller it!

Rob Donkin

Rob is a Chiropractor in Private practice who has a special interest in sports injuries. In his field, he has helped numerous people achieve their physical wellness goals through improved movement and function (Sporting and otherwise). He is also the proud co-founder of the chiropractic educational forum called "ChiroKonnnect". In his personal life Rob is a loving husband and father to two boys.

WORKSHOPS:

- Around the Hip!