

Molly Donaldson

Mat Pilates Teacher ~Vida Pilates By Molly
Private 1:1, Group Classes, Wellness Hotel & Retreats Guest Trainer

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Having a very intuitively, natural passion for the mind and body from my early years as a contemporary dancer at the age of 7, I have been very self aware that from very early on I have been fascinated by feeling good within my body, and holistic, fluid movements that lengthen and let the body flow have always worked best for me. At 17, I then discovered Mat Pilates, starting from my bedroom floor following along an online video platform and using just my mum's yoga mat - Pilates became a safe haven for me, a personal escapism from my A Level studies to prevent me from burn out and to allow me to find joy in something outside of my education. Becoming more self aware, I learnt that I have my own muscular-skeleton imbalances and started to understand the impact and importance Pilates was having. I began to witness more strength in my body, my posture improving and a sense of renewed alignment and calm in myself as I connected to my breath.

After graduating from the University of Southampton in 2021, I reflected a lot on how my career was making me feel and reflected on what it was I felt I wanted to pursue. From trialling different working environments from hospitality & events, to luxury retail sales, fashion operations, marketing, VM and media; I soon realised that my purpose and what I love doing most is empowering and inspiring others to feel good.

Jump to July 2023, I am a fully trained and educated STOTT PILATES Essential, Intermediate and Advanced Mat Instructor, and currently reformer teacher training too. After 6 years of self practice, observing teachers in studios and teaching on friends, family and clients in London; I have decided to fulfil my love for educating people on the profound, transformative results of Pilates and become a teacher to feel aligned in their bodies.

PILATES EDUCATION BACKGROUND

- STOTT PILATES® All Levels Mat Instructor (July, 2023)
- STOTT PILATES® Intensively Training Reformer Instructor (February, 2024)
- Level 1 Functional Anatomy (July, 2023)
- BAMFORD Studio - Cover Teaching, Self Practice & Observation Hours with STOTT® Mat & Reformer Teachers (March - June 2023)
- BODYISM, Exclusive Member's Club, London - Classically Mat Trained 1:1 & Group Teaching (June - August 2023)
- RACQUETS Gym, Thame Mat Pilates Stretch and Tone Cover Classes (July - September, 2023)

THE VIDA PILATES TEACHING METHOD

Vitality. Investment. Dedication. Alignment.

Vida Pilates by Molly is a one-of-a-kind Pilates Method, established from the roots of my own Pilates journey, to help educate, reconnect, empower and transform other's to feel a renewed sense of vitality in their everyday lives.

It goes beyond fitness and exercise, I like to think of Vida as a wellbeing source that delivers to the client a ritual they can apply to feel their most aligned, strong and revitalised self. Using the neuromuscular connection that Pilates focuses on, Vida is built on my core principle values of: vitality, investment, dedication and alignment to tone, lengthen, strengthen and build healthy mobility of joint muscles. Vida allows you to find vitality in your mind-body by investing, dedicating and aligning with your true self.

In each session, I focus on educating clients on the breath, concentration, focus, control, precision, centre and flow. To achieve these goals, the following 5 Pilates principles allow each client to achieve their own unique long-term, sustainable mind and body results.

- breath work: to effectively encourage focus, concentration, dynamic stability, awareness of stabilisation and recruitment of deep core stabilising muscles, to move and hold positions.
- pelvic placement: correctly engaging the pelvic floor enables the most stable and shock-absorbing position to promote efficient movements patterns and not strain the lower spine. It allows us to move from the powerhouse - our core.
- ribcage placement: as the focus of each class is on centre and control, we must move from our core. To do this, the abdominal muscles attach to the lower ribs, and so they must be recruited to maintain the rib cage and the thoracic spine in good alignment to efficiently move the body.
- scapula stabilisation & movement: the anchors of our arms and support of our upper cervical spine, teaching about corrective scapula placement safely allows clients to move efficiently and not overwork or injure the muscles of their neck and shoulders.
- head & cervical placement: the relationship between the cervical spine should always hold its natural curve with the head balancing directly above the shoulders.

