



### **Pat Guyton**

Pat Guyton has been teaching Pilates for almost 40 years. Pat has been privileged to have taken workshops with First Generation Teachers: Kathy Grant, Lolita San Miguel, Mary Bowen, Bruce King and Ron Fletcher. Pat has a mission. Legacy is the generous communication of information for the next generation of Pilates teachers. The purpose is to develop the teacher in each person who shares the passion for Pilates. Teaching is a service to others.

Pat is the founder and owner of Pat Guyton Pilates Conservatory®, which offers mentorship programs, continuing education and a comprehensive teacher training program. Her method of teaching emphasizes functional anatomy and imagery applied to the classic Pilates repertoire to provide a safe and healthy exercise environment.