

Bio Jamie Isaac

Jamie believes in the power of mindful movement to change the world. Really.

Jamie has a degree in Physical Education and sports sciences and with over 30+ years experience in coaching and training human movement, including his life before Pilates, competing at an International level and coaching elite trampolinists.

His Pilates passion ignited when he experienced how incredible the practice was for his surfing performance. He loves to share the incredible power the Pilates method has to empower all his students towards living a more vibrant life.

Jamie's journey as an instructor began in Clinical Pilates, focusing on rehab, then onto a contemporary certification, following a path that has lead him back towards the source.

He has studied to become a classical teacher and Master Instructor for Peak Pilates.

He has been mentored by Lolita San Miguel and is honored to be certified by her as a Master Teacher.

With a love for the authentic work Jamie's teaching also draws deeply from his time in Santa Fe learning from Michele Larsson and Celia Hulton, as well as his past and ongoing experiences within sports conditioning and wellbeing.

As an eternal student passionate about the Pilates method, the learning journey continues.

Jamie has shared the power of Pilates with a variety of athletes, including world cup winning Kitesurfers, aspiring tennis professionals. He has overseen conditioning and rehab programs for swimmers and soccer players.

You can find some of Jamie's athletic insights in his multi part series "Pilates For Athletes" on Pilates Anytime.

At his studio in California, and through workshops and retreats across the globe, Jamie loves nothing more than supporting and celebrating the transformations of his students... except maybe playing with his awesome kids and catching a few waves.