

# Erika Nickless

Erika was first introduced to Pilates in the 1990s as a way to complement and enhance her study of classical ballet and modern dance. Years later, after hanging up her dancing shoes, she began taking Mat classes while living in Paris to help improve her language skills. Seeing the positive benefits of this form of mind-body exercise and aching to return to a more physical lifestyle, she became increasingly interested in not only taking Pilates, but also in teaching it.

After relocating to Southern California in 2007, Erika decided to begin training to become a Pilates instructor and received her Full Certification through STOTT Pilates in 2009. Erika joined the Natural Pilates team in 2010, and has also enjoyed teaching group and private Pilates sessions in gyms, corporate boardrooms, and rehab settings in the Los Angeles area.

Erika is passionate about the amazing effects Pilates has on the body and sincerely believes it is great for everyone, from elite athletes to the elderly. She experienced the rehabilitative benefits of Pilates firsthand when she sustained serious tibia and foot fractures. Pilates allowed her to continue exercising and maintain strength even without being able to weight-bear on her injured side for several months.



In addition to completing continuing education credits through STOTT Pilates and Natural Pilates, Erika earned her Pre- & Post-Natal Certification through Fusion Pilates, completed the Pilates Therapeutics' Scoliosis Management and Foot Specializations, and received her 200-hour Vinyasa Yoga certification through CorePower Yoga. She holds a B.A. from Barnard College in Sociology and Dance and an M.A. in French Cultural Studies from Columbia University.

