

# **Sarah Thomason**

**Lecturer of Dance at Loyola Marymount  
University**

Los Angeles, CA, US

Lecturer of Dance

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## **Biography**

Sarah Thomason is a distinguished Pilates Instructor in the Los Angeles area, teaching Los Angeles' high end clientele for over ten years. She first discovered Pilates as a dancer and fell in love with the way it helped strengthen and transform her body. In 2009 she became a certified BASI (Body Arts and Science International) Instructor with an emphasis in dance. She has since completed a variety of other trainings to compliment her own unique teaching style. Sarah has assisted and worked closely with physical therapists and taught alongside Samantha Wood DPT, assisting her in her course, Pilates for Injuries and Pathologies. Sarah was a former Teacher Trainer and has taught her own workshops for Pilates instructors across the country as well as overseas in Japan. Her clientele range from professional athletes, to pre and post-natal women, stroke patients, cancer survivors, and clients with a variety of ailments including spinal injuries, paraplegia, and vertigo. Joseph Pilates once said, "you are only as young as your spine is flexible" and it is Sarah's intention to provide longevity to any spine she comes across through the art of Pilates.

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