



Marylee Bussard

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Profile

Corrective Exercise Specialist, Manual Therapist, Entrepreneur, Author, and Educator committed to helping people live and move in their bodies with more skill and less pain.

Experience

CO-AUTHOR, *FUNCTIONAL ANATOMY OF THE PILATES CORE*— LOTUS PUBLISHING, 2015

FOUNDER AND DIRECTOR, CHATURANGA HOLISTIC FITNESS – CHICAGO, IL – 2010-PRESENT

PILATES INSTRUCTOR, THREE PILLARS WELLNESS CENTER – CHICAGO, IL – 2007-2010

MANAGER AND PILATES INSTRUCTOR, BODY ENDEAVORS – CHICAGO, IL – 2006-2008

INDEPENDENT PILATES INSTRUCTOR – SARASOTA, FLORIDA – 2003-2005

Education

Kinesis School of KMI Structural Integration Bodywork (775 hours), 2012-2013

Integrative Movement Specialist Training Program (125 hours), 2011

Soma Institute of Clinical Massage Therapy + Master Classes (800 hours), 2008-2009

Clinical Thai Bodywork School of Evanston (100 hours), 2007-2008

Power Pilates Comprehensive Training Program (600 hours), 2006-2007

PhysicalMind Institute Pilates Matwork and Standing Matwork Certification (50 hours), 2003

New College of Florida – Bachelor of Arts, 1998-2002

Armand Hammer United World College of the American West, 1996-1998

Skills

Restoring and prolonging functional, pain-free movement through: skillful analysis (posture, gait, movement, orthopedic tests), precise instruction, fostering awareness, providing education and self-care tools, tracking progress, manual therapy (trigger point, fascial release), muscle activation, and science-based corrective exercise.

Curriculum development and instruction for yoga teacher training and Pilates teacher training programs (Chaturanga Yoga Teacher Training, 2013-2014, Chaturanga Pilates Teacher Training, 2015).