

Laura Wilson

In 2002, Laura Wilson (then Bogdaniuc) immigrated to the US from her native Romania, with only \$100 in her pocket. From these humble beginnings, she created a veritable Pilates empire in the fitness capital of the world, Los Angeles. In 2007, Laura opened her flagship studio, Natural Pilates, in Beverly Hills, across the street from the iconic Peninsula Hotel. She has since opened two other L.A. locations in Brentwood and West Hollywood; developed her own approach to teaching Pilates (including The Natural Pilates Teacher Training Program); launched NPTV, an online portal of hundreds of hours of Pilates workouts; and branded her own line of fitness products.

Laura is one of the most successful and sought-after instructors in the US. She strives to be the best in her field, which means she is constantly learning in order to offer her clients the most comprehensive and tailored workout possible. Laura received her full certification through STOTT Pilates (Merrithew) in 2005. She is also certified in Gyrotonic (2008), Spin (2011), and Vinyasa Yoga (2011). She became a Resistance Training Specialist and a Muscle Activation Technique Specialist in 2012.



Laura's knowledge of the body is truly unparalleled in her field. This kinesiological acumen has both given her an edge in fitness and served as the catalyst behind the creation of her own unique brand of Pilates instruction. Laura has taken the classical repertoire developed by Joseph Pilates over 70 years ago and infused it with her approach of viewing the body (as well as the various forces acting upon the body), targeting muscles with creative programming and exercise order, giving hands-on cues, and adjusting repetitions and tension. Laura's approach helps clients "tune in" to their own bodies and trains current and future Pilates instructors to develop a deeper understanding of the body's musculature and biomechanics, in order to effectively program individualized sessions based on anatomy, movement patterns and goals.

