

ALLAN MENEZES

Pilates Pioneer and Master Teacher



Allan Menezes was born and finished his schooling in Harare, Zimbabwe. He was a school record holder, also representing his school and province in various track and field events. While at college in the UK he was Captain of the Volleyball and Basketball teams. He then went on to Canada to complete a Business Degree in Ontario and was captain of the University Rugby Team.

While studying in Canada, Allan injured his back in a rugby game - a deliberate kick to the lower back. The injury was so severe that he lay in a hospital bed for ten days and only allowed liquids for nourishment. For the following two years Allan attended almost every different practitioner he could think of who would have some hope of alleviating the pain to no avail. He then returned to England in 1981 to complete a Masters degree at the University of Surrey.

While completing his thesis he came across a Pilates studio – the method was still virtually unknown. After several months at the first studio he moved on to the Alan Herdman Studios where he had some of the best grounding in the Method. Alan Herdman is one of the Master Teachers of the Method who introduced Pilates into the UK.

It was in 1986 that Allan then established the first Pilates studio in the southern hemisphere with the Body Control Pilates Studios in Sydney, Australia, using Athletic Pilates. In 1994 he set up two more studios and the first Pilates franchised studio.

In 1996 Allan founded the Pilates Institute of Australasia. This was established to cater for the growing demand for quality training and to provide accredited workshops and courses in the Pilates Method.

Menezes is also a founding member of the Institute for the Pilates Method, USA, (now the PhysicalMind Institute) and was one of two non-Americans on its Advisory Board.

In 1999 Allan wrote the bestseller, "[The Complete Guide to the Pilates Method](#)". The book was used by the Institute for the Pilates Method and the Pilates Institute (UK) (no connection) as a training manual for their students. The book was printed in the USA in 2000 with a second edition in 2004.

Allan and the Pilates Institute have also produced [13 DVD and video titles](#) on the Pilates method, the largest outside Northern America. Some of these titles have also been reproduced in the USA, Germany and other countries.

Allan also trained in New York in the Gyrotonic Method with Matt Aversi of Gyrotonic Corp USA and pioneered this method in Australia in 1998. Allan also trains instructors around the world and conducts courses in the UK, Denmark, Singapore and New Zealand.

He was invited to present papers at a Sports Medicine Conference in May 2007 in Gothenburg, Sweden and has lectured at the Mind Body Expo in Santa Clara California (2009) and at the FILEX Exhibitions in Sydney as well as presenting at the NSW Sports Physiotherapy Group meetings.

Allan has also worked with WeightWatchers Australia to produce a Pilates DVD and has trained the gym staff in Menezes Pilates at the Hilton Maldives Spa and Resort as well as all the gym staff working for the Christchurch City Council, New Zealand.

A new book, "**The MENEZES METHOD - A New Era in Pilates** " will be available in late 2011.

Allan lives in Sydney, Australia