

NALIN DECKER

CERTIFIED PILATES INSTRUCTOR

TIER 1



Training Philosophy

My appreciation for Pilates is very personal. It helped me get through years of suffering chronic back and abdominal pains because of severe endometriosis. The unbelievably low impact exercise system toned my body while I couldn't do intense cardio exercises. It helped me get back in shape after many surgeries, including hysterectomy. It gave me a functional body and mind, stronger core, more flexible spine, improved posture, and greater understanding of breaths and purposeful movements. I enjoy sharing my Pilates passion and experiences with others. I have worked with a variety of individuals each with their own challenges and considerations. My small group sessions will be fun and constantly challenging, so my clients will see the improvements they hope for.

Experience

Pilates Instructor- Since 2019

Certifications

- Balanced Body Comprehensive Pilates Instructor
- Scoliosis & Asymmetry Management Level 1
- RYT 200 Certified Yoga Instructor
- CPR/AED First Aid

Education

- M.A. in TESOL (Teaching English to Speakers of Other Languages), San Jose State University
- B.A in Finance & Banking, Kasetsart University, Thailand

Interests

Pilates, Yoga, Tennis, Golf, Reading, Travel, Gardening

MY GOAL AS YOUR PILATES INSTRUCTOR IS TO HELP YOU REACH YOUR GOALS, REGARDLESS OF YOUR FITNESS BACKGROUND OR LIMITATIONS



SAN MATEO ATHLETIC CLUB
AT
COLLEGE OF SAN MATEO

PROVIDING THE
EXOS
EXPERIENCE



MINDSET



NUTRITION



MOVEMENT



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