

Kim Gibilisco

MFA, MA, PMA®-CPT
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EDUCATION

University of Wisconsin, Peck School of the Arts, Milwaukee, WI (2006-2008)

Master of Fine Arts in Dance

Chancellor's Graduate Student Award

Thesis Project: Producing, performing and choreographing a full evening of work at the Merce Cunningham Studio.

New York University, Steinhardt School of Education, New York, NY (1996-1998)

Master of Arts in Dance Education

Thesis Topic: Dance Reconstruction.

Outstanding Graduate Achievement Award

Mason Gross School of the Arts at Rutgers University, New Brunswick, NJ (1989-1993)

Bachelor of Fine Arts in Dance

Graduated Cum Laude

CERTIFICATIONS, CERTIFICATES & TRAINING PROGRAMS

2005-Present:

Pilates Method Alliance Certified Pilates Teacher (PMA®-CPT)

The PMA Certification Program has created the only psychometrically validated, third party certification exam in the Pilates field. Gibilisco is one of the select 184 people who sat and passed this exam prior to the publication of the study guide.

2017

Laughing Lotus 200-hr Teacher Training Program

New York, NY. Dana Trixie Flynn, Director/Owner

2001

Stott Pilates Comprehensive Training Program

New York, NY. Kimberly Corp, Master Instructor

Tuition sponsored by *Career Transitions for Dancers*

2000

Polestar Pilates Comprehensive Training Program

Post-Rehabilitation Completion Certificate

New York, NY. Brent Anderson, Master Instructor

TEACHING EXPERIENCE

2013-Present: Polestar Pilates Education, New York, NY

Senior Educator, Curriculum Writer

Comprehensive Series at Hospital for Special Surgery

Gateway Co-Instructor at New York University, Department of Physical Therapy

Centralized Exam Examiner

Comprehensive Exam Study Session Educator

2014-Present, 5Point Physical Therapy, LLC

Pilates Instructor

Private Practice, Private Instruction

2009-2017: Mason Gross School of the Arts at Rutgers University, New Brunswick, NJ

Director of Pilates Training and Polestar Pilates Educator, 2013-Present

Part-Time Lecture, Department of Dance, 2009-2015

University DanceWorks, Co-Director/Repertory Director, 2011-2015

Coordinator of SOMA Center, 2012-2015

Teaching Load: Modern Dance Technique, Improvisation, Choreography II, Pilates Mat, Pilates Apparatus Training, Polestar Pilates Teacher Training Program, Management of Soma Center.

- Adapted the Polestar Pilates Education Teacher Training Curriculum for MGSA – Extension Division.
- Created specific teaching syllabi, rubrics, quizzes, exams and culminating projects for Polestar Pilates Education Teacher Training University level training.
- This adapted Polestar Pilates Teacher Training program marks the first 450-hour, evidence and assessment based, comprehensive Pilates Teacher Training Program in higher education in the United States. The unique design is also the first Pilates Teacher Training Program in the Pilates industry to use the Pilates Method Alliance Board Certification Exam as the exit examination.

2010-2014: Movements Afoot, New York, NY

Pilates Instructor

Private Practice, Private Instruction, Group Reformer Classes

MASTER TEACHING & PRESENTATIONS

2017

Polestar Pilates Asia Educator and Mentor Meeting

Bali, Indonesia

Presenter

Workshops taught: *Biscuits to Bananas, Hip Me With Your Best Shot, Psoftening the Psoas and Reminding the Ribs*

Shen Wei dance Arts Summer Intensive

New York, NY

Presenter

Workshop taught: *Biscuits to Bananas*

Ashley DeLeon Pilates

New York, NY

Presenter

Workshop taught: *Psoftening the Psoas*

Bodies in Balance

Madison, NJ

Presenter

Workshops taught: *Biscuits to Bananas and Psoftening the Psoas*

2016

International Association of Dance Medicine Specialists Annual Conference

Hong Kong, China

Presenter

Workshop taught: *Hip Me With Your Best Shot*

University of Hawaii

Honolulu, HA

Presenter

Workshop taught: *Biscuits to Bananas*

Polestar Australia

Sydney and Melbourne, AU

Senior Educator for Private Sessions and Group Classes, Presenter

Workshop taught: *Hip Me With Your Best Shot*

Balanced Body, Pilates on Tour

Phoenix, AZ

Presenter

Workshop taught: *Hip Me With Your Best Shot*

BodyQuest

Psoftening the Psoas, Tucson, AZ

Senior Educator for Private Sessions and Group Classes, Presenter

Workshops taught: *Biscuits to Bananas, Psoftening the Psoas and The Hypermobile Hip*

Synergy Studio

Jacksonville, FL

Presenter

Workshop taught: *Hip Me With Your Best Shot*

2015

SPRINGS – Köln

Cologne, Germany

Senior Educator for Private Sessions

Presenter

Workshops taught: *Psoftening the Psoas and The Hypermobile Hip*

Polestar Headquarters

Miami, FL

Presenter

Presentation: Polestar Partners with Rutgers University

PowerPoint Presentation on curriculum updates and learning outcomes of the first Polestar Cohort at Rutgers University.

2014

5Point Physical Therapy, LLC

New York, NY

Presenter

Workshop taught: *Hip Me With Your Best Shot*

Pilates Method Alliance 14th International Educational Conference

Denver, CO

Presenter

Workshop taught: *Hip Me With Your Best Shot*

2013

Polestar Pilates Life Conference, Licensee Meeting

San Diego, CA

Presenter

Presentation: Adaptation of the Polestar Pilates Teacher Training curriculum for Mason Gross School of the Arts to the International Licensees of Polestar Pilates.

2012

Pilates Method Alliance 12th International Educational Conference

Las Vegas, NV

Presenter

Pilates Mat

Danceworks

Berlin, Germany

Master Educator

Modern Dance Technique, Improvisation and EnteraKt Workshops (with Eric Dunlap)

Nikolais/Louis Summer Dance Intensive

Ridgewood, NJ

Faculty

Modern Dance Technique, Improvisation, Choreography

PUBLISHED ARTICLES

Pilates Style Magazine

- Sept/Oct 2014. *A Pilates Prescription for Low Back Pain*. Brent Anderson, PhD. Model for photos, pgs 58-67
- April 2014. *Pilates U* (featuring the Polestar Pilates Teacher Training Program at MGSA) Interview with Anne Marie O'Connor, pgs 82-85
- Sept/Oct 2005 Issue. *Lower-body Makeover*, pgs. 36-39
- May/June 2005 Issue. *Pumped Up Pilates*, pgs. 28-30

Pilates-Pro.com

- March 2010. *Six Pilates Tips from a Choreographer*. Article on how choreographic experiences inform teaching of Pilates edited by Lauren Charlip.
- March 2010 Newsletter, Issue #35. Teaching Tips. *Back to Basics: The Kegel Connection*.
- June 2008. *Pilates Goes to College*. Article about the development and success of the Shenandoah University Pilates Mat Teacher Training Program edited by Jessica Cassity.

Dance Spirit Magazine

- July/August 2007. *Studio's Out for Summer – What to do During the Off-Season*, pp. 128-129. Edited by Sara Jarrett.

The Shenandoah Sun

- May 3 2006. *Pilates Comes to Shenandoah*
- September 13, 2006. *Master Teacher Sets a Classic Dance.*

CONTINUING EDUCATION

2017

Polestar Pilates Education Affiliate and Educator Meeting, Miami, FL.

2016

Polestar Pilates Education Affiliate and Educator Meeting, Miami, FL.

Pilates Method Alliance Teacher Training Summit. Hollywood, FL.

Pilates Method Alliance 15th International Educational Conference, Phoenix, AZ. 16 CEC.

Oov for Pilates, Hadley, MA and Jacksonville, FL.

2015

Polestar Pilates Education Affiliate and Educator Meeting, Miami, FL.

Pilates Method Alliance 14th International Educational Conference, Denver, CO. 16 CEC.

2014

Pilates Method Alliance 13th International Educational Pre-Conference, San Diego, CA 8 CEC.

Pilates Method Alliance 13th International Educational Conference. San Diego, CA. 16 CEC.

Pilates Method Alliance Teacher Training Summit. San Diego, CA.

2013

Polestar Pilates Education Advanced Assessment Miami, FL. 16 CEC.

Polestar Pilates Education Communication Skills Course, Miami, FL. 16 CEC.

Polestar Transition Educator Training, Miami, FL.

Pilates Method Alliance Teacher Training Summit. Miami, FL.

Polestar Life Conference, San Diego, CA. 13 CEC.

Pilates Method Alliance 12th International Educational Conference. Ft Lauderdale, FL. 16 CEC.

2012

Pilates Method Alliance 11th International Educational Conference. Las Vegas, NV. 16 CEC.

MEMBERSHIPS AND PROFESSIONAL SERVICE

2016-Present	Pilates Method Alliance Member, Board of Directors, Director
2016-Present	International Association of Dance Medicine Specialists, Member
2002-Present	Pilates Method Alliance, Member
2010-2014	KDNY: Women In Management, Fiscally Sponsored Artist
2008-2013	Pilates Method Alliance Certification Commission, Vice-Chair/Secretary

2012

Item Writing Committee, Pilates Method Alliance
Code of Ethics Committee, Pilates Method Alliance

**Activity prior to 2012 will be furnished upon request.*