

Dr. Andromeda Stevens, D.C. became a Doctor of Chiropractic in LA, CA and has been in practice for over 25 years. She became a D.C. because she was inspired by her own scoliosis condition. Her practice specializes in scoliosis using the Schroth Method and is Level II certified by Dr. Hans R. Weiss (the grandson of Schroth) as one of very few certified in the US in the original method. Dr. Stevens was introduced to Pilates in the early 90's and was so inspired that she co-founded Pilates Sports Center, Inc. in Los Angeles in 2000 and became a Pilates Method Alliance Gold Certified Teacher™ in 2005 (13657 PMA# OR 10112 NPCT#) The profound results of Pilates with her patients, as well as the inability to find quality Pilates Instructors for the Studio, led her to co-found/co-direct the PSC Pilates Teacher Training Program, and the Pilates Master Teacher Program with the mission of providing the highest standard of excellence in Pilates education.

Her credentials include:

- Cleveland Chiropractic College of Los Angeles Graduate '96
- Schroth Scoliosis Best Practice® Level II Advanced Certified – Dr. Hans Weiss/Dr. Moramarco, D.C.
- BSPTS Concept by Rigo Basic Level 1-3 Certified (Barcelona Scoliosis Physical Therapy School)
- Cox Flexion/Distraction Technic® Certified – Dr. James Cox
- Integrated Flexibility Training – The Sports Club/LA
- BalletCore® Certified
- Massage Therapist – Touch Therapy Institute
- Pilates Method Alliance "Gold" Certified Pilates Teacher™
- *Advances in Pilates* – Long Beach Dance Conditioning Graduate 2000
- CPR / First Aid Certified
- Presenter: Pilates Method Alliance / Body Mind Spirit / Pilates On Tour / Inner Idea / Mad Dogg WSSC and MindBody Fit Pro / Human Movement Conference 2019 / Sports Club/LA / Pilates Sports Center
- Master Teacher Trainer for Reebok Sports Club/NY 2007
- Participant: PMA Fostering Future Professionals Program™
- PMA Teacher Registry™
- PMA Education Provider™ #64924
- Co-Creator of Pilates Sports Centers 30+ Workshops and DVD library
- Co-Creator of Pilates Sports Centers Burn at the Barre™ Teacher Training Programs (Level I/II)
- Co-Creator Pilates Expo Los Angeles
- Attended PMA teacher's conference / schools meeting
- Multiple Workshops completed with Jay Grimes, Kathy Corey, Rael Isacowitz / Mary Bowen, Lolita San Miguel, Ron Fletcher, Mari Winsor, Michelle Larsson, Deborah Lessen, Cara Reeser, Blossom Crawford, Jillian Hessel, Dianne Severino and many more.
- Board Member: Pilates Initiative



Photo by I.C. Rapoport