

Curriculum Vitae

Updated on June 2024

Zeren G. Gürsoy



Year of birth: 1990

Balanced Body Master Instructor

BASI Pilates Comprehensive Teacher

Franklin Method Level 3 Educator

Interpreter for Movement Sciences

Education Related to Pilates /Movement/Anatomy

Comprehensive Trainings, Continuing Education and Workshops

2024

-Franklin Method Fascia of Foot, Leg, Hip Trainer, New York, USA June 8-9

-Tom Waldron, Effortless Weight Bearing, May 2024

2023

- The Nerve Tour, Gil Hedley, November 2023, Boulder, Colorado, USA
- Unfixed Dissection at Anatomical Research Institute with Alison Wesley&Ann Teachwort, October 2023, Colorado Springs, Colorado, USA
- Franklin Method Liberated Spine, June 2023 New York City, NY, USA
- Franklin Method & Pilates, June 2023, New York City, NY, USA (where I co-taught with Eric Franklin)
- Franklin Method Level 3 Training, March-October 2023
- The Neural Touch, April 2023, Tom Waldron
- Franklin Method Level 1 Training March-October 2023 (which I translated into Turkish)

2022

- Franklin Method Level 2 Training, September 2022 -March 2023
- Franklin Method Level 1 Training January-August 2022
- Franklin Method Relax Your Neck & Liberate Your Shoulders/Eric Franklin, İstanbul (which I translated into Turkish)
- Franklin Method/Workshop on the Spine/Eric Franklin, İstanbul

2021

- Franklin Method/Tom Waldron/Strong, Flexible and Adaptable Knees
- Franklin Method/Tom Waldron/Tone Your Core, Release Your Back
- Franklin Method/Eric Franklin/Art and Science of Cueing for Movement (May 2,-June 27)
- Balanced Body University Master Instructor Part 2 (February 2021- May 2021)
- Franklin Method/Tom Waldron/Dynamic Pelvic Floor Fascia Workshop
- Tom McCook's Mentorship Program for Pilates Teachers #1

2019

-Balanced Body University / Master Instructor Training Part 1, Sacramento, California, USA

2018

-Anatomy of Spine and Pilates (Turkish Sports Physiotherapy Association)- by Prof. Dr. Gül Baltacı, Doç Dr. Aydan Aytar, Uzm. Fzt. Görkem Dizdar, Fzt. Zeynep Baş

2017

*BASI Pilates® Comprehensive Teacher Training Program (Cengiz Han Üçgün, Mariam Younossi ve Maria Sylla) – İzmir, Turkey

2016

*Balanced Body Pilates on Tour-İstanbul

-Mat Correctives with Tom McCook

-Gait in the Pilates studio with Nancy Myers

-Stand up! Balance on Mat with Valentin MS

-Pilates as Treatment and Prevention of Shoulder Dysfunction with Chrissy Romani-Ruby

*30 Hr Yin Yoga Teacher Training for Yoga Instructors with Devrim Akkaya

2013-2015

*Pilates System Level 1,2,3 Mat & Equipments (Dr.Serdar Gürbüz)-Ankara

*Chair-Barrel 1

*Chair-Barrel Level 2

*Pregnancy and Pilates (Dr. Serdar Gürbüz ve Dr. Cüneyt Özcan)

*Barış İşcan/ 200 Hr Hatha Yoga Teacher Training

Academic Education

2016-2019

Middle East Technical University (METU), Ankara Turkey

Master of Science Degree on Motor Control at Sports Education Department

Thesis: "The Effect of Cognitive Task Difficulty On Postural Control"

2011-2012

Aristotle University of Thessaloniki, Greece

Erasmus program for a full academic year

Courses on Literature, Cinema and Greek Language

2008-2013

Hacettepe University , Ankara Turkey

Bachelor's Degree on English Translation and Interpreting

Bachelor's Degree Double Major in German Language

Links to Read:

Masters Thesis: <https://open.metu.edu.tr/bitstream/handle/11511/45014/index.pdf>

Published Paper: Gait & Posture, Volume 96, July 2022, Pages 1-8

Link to the paper: <https://www.sciencedirect.com/science/article/abs/pii/S0966636222001242>

Work Experience

***As a Pilates Teacher/Franklin Method Educator**

My regular studio teaching hours are about 90 hours per month.

2021-present

Pilates Zenergy www.pilateszenergy.com

Since I opened my own studio, I have been teaching private pilates classes and regular mat classes on Pilates & Franklin Method. I regularly give Franklin Method workshops, mostly to teachers.

I run an internship program for Pilates teachers as well at my studio.

2013-2020

Grace Pilates Professionals, Ankara, Turkey www.gracepilatesprofessionals.com

I did my internship program at Grace Pilates and started teaching there and worked with pleasure for years. I gave private and semi private classes on average 30-35 hours per week. I regularly taught group mat and equipment classes.

***As a Teacher Trainer/Master Instructor**

My teacher training duties make up about 24-30 hours per month.

As of 2019-today

BAPS ACADEMY

I regularly teach Balanced Body modules in various cities in Turkey, but mostly Ankara. I also give workshops for Baps Academy, which is the official training center for BB Education in Turkey, under the mentorship of dear Taha Erpulat.

As of 2017-today

Turkish Gymnastics Federation

I've been giving Pilates Teacher Trainings at the TGF, which is officially the only certification valid and necessary for Pilates here in Turkey. Other than teaching the regular module repertoire, I've given numerous workshops on Cueing, Stretching, Effective Teaching Techniques, Anatomy and Kinesiology.

I can provide detailed information on this on request.

2019-2020

KORE, Riyadh, Saudi Arabia

I gave Balanced Body Mat 1-2-3 courses in Riyadh (2019) and designed and ran an intensive internship program for new teachers, who have been teaching classes there since. I have been running their online internship/consultation program since 2020.

***As a Franklin Method Educator**

As of 2022-today

I teach regular live and online workshops of Franklin Method.

***As a Translator/Interpreter**

I have translated courses into Turkish at Pilates on Tour in İstanbul (2018).

I have translated workshops for Eric Franklin in Turkey, also the Level 1 training for Franklin Method.

In reality how I would like to introduce myself

What gives me Joy, I follow because I know it has always pointed out the right place to be in life, for me. It is my guide. So I find my Joy in listening to Music, in movement, in teaching and in my Embodiment practice. I move a lot and in different contexts; I do Pilates, some weightlifting, some Brazilian Ji-Jitsu, some handbalance stuff. I am addicted to walking and it is the perfect activity for me to clear my mind, listen to music or embody.

I L-O-V-E Franklin Method. It has become inseparable from my teacher identity. Or, my being here on earth in general.

I like to listen to what Ido Portal, Eric Franklin, Spinoza, Eckhart Tolle, Raymond Carver, Langston Huges have to say. Gil Hedley? Yes! I like Lord of the Rings, Narnia, and some Turkish poetry. I'm also a Potterhead. I deeply love Lao-Tzu and Tao-Te Ching. My 2 favorite movies are "Man from Earth" and "When Harry Met Sally".

I have three cats that I love to cuddle. I really enjoy cooking, I read and write, I prepare workshops, I contemplate on my teaching and on Life in general, I read and try to find answers to silly questions that I ask myself, I find peace in cleaning my house and organizing everything, which satisfies my mild and friendly OCD.

Links:

Personal: www.movewithembodiment.com

Studio www.pilateszenenergy.com

My Personal Social Media on IG: *zerenjoy*

My Facebook: *Zeren Joy*

My Studio's IG: *pilateszenenergy*