



Leah Marie Bueno was first introduced to Pilates at an early age as a way to rehabilitate injuries acquired as a professional dancer. She has since become recognized as an innovator in injury prevention for dancers. Leah specializes in helping dancers return to dance after an injury and unwinding the reason behind why the injury occurred.

In 2016, Leah founded The Pilates Dancer, and started working with professional and pre-professional dancers privately and well as teaching injury prevention workshops for dancers and dance teachers. Her clientele includes dancers from the Joffery Ballet, Sacramento Ballet, Los Angeles Ballet, Washington Ballet, Suzanne Farrell Ballet, Ballet Next, The Paris Opera Ballet School, and San Francisco Ballet School. In addition to her work with dancers and people recovering from pain she is also an Instructor Trainer for STOTT PILATES®.

Leah was originally a professional dancer. Dancing previously with the Sacramento Ballet, Inland Pacific Ballet, Don Arden's Jubilee and was a principal dancer for the Napoles Ballet. After her dancer career she taught for

many professional institutions including The Sacramento Ballet School, Company teacher for Don Arden's Jubilee, and was resident Ballet Mistress at Northern California Dance Conservatory.

Leah is an expert in the field of pilates and injury prevention, especially from the perspective of a dancer. Her session would be a wonderful way to learn more dancer self-care.