



# hayley hobson

Nationally Recognized Pilates Instructor and Teacher Trainer  
Yoga Instructor and Mind & Body Coordinator

Hayley graduated with a B.A. from Brandeis University in 1991 and then with a J.D. from Rutgers School of Law in 1994. After moving from Philadelphia to Los Angeles to practice law, she began competing in triathlons. Her athletic career had started with swimming at the age of 5 and when she began running and cycling in her late twenties, triathlon seemed the natural course. She achieved an elite status in the sport, consistently finishing top 5 in high profile amateur races and championship events.

In 1996, in order to balance her body from the impact it received through the sport of triathlon, Hayley began practicing Yoga. She studied for years under Seane Corn, Saul David Ray, Shiva Rae, Max Strom and Bryan Kest.

A few years later, while rehabilitating from one of her numerous injuries, Hayley was introduced to Pilates. Pilates had such an incredible impact, strengthening muscles that never had even had a chance to work before due to lack of flexibility or range of motion, the experience became life changing. She decided to quit practicing law and commit to empowering other people to be in control of their own health and well-being through this method of training.

Hayley began teaching the Pilates Method in Los Angeles in 2000 after acquiring her first certification from the Physical Mind Institute. While living in LA, Hayley operated her own Pilates studio out of Phase IV, an athletic think tank for endurance athletes of all ages.

In 2004, she moved to Boulder, CO to complete her second certification at the internationally renowned Pilates Center, a program that consisted of over 1000 hours of apprenticeship to earn the certificate of completion. She continued to study for years under Cara Reeser, Amy Lange, Pat Guyton, Amy Alpers and Rachel Segal, all second generation Pilates teachers who trained directly under Romana Kryzanowska, Ron Fletcher and Kathleen Stanford Grant. Cara continues to be her mentor.

Upon completing the program at The Pilates Center, she returned to her Yoga practice and began to study with Richard Freeman at the Yoga Workshop and had completed many of his intensives, including his month-long intensive. She also completed a 200 hour teacher training at Corepower in Boulder.

Hayley's recent birth of her first child has given her a heightened awareness of the anatomical changes a woman's body goes through both during pregnancy, and postpartum.

After taking a Pilates session or Yoga class with Hayley, you will realize the benefits of both practices and how they complement each other.