



LIZA ARIELA MANULANG

PILATES INSTRUCTOR

STOTT-trained and KPA-certified Pilates Instructor with 250+ teaching hours across private, semi-private, group, and studio settings. Focused on mindful movement, posture correction, strength, and body awareness. Brings 15+ years of education and program development into clear, supportive instruction.

CONTACT

 Jakarta, Indonesia

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 @liza.ariesta



EDUCATION

Bachelor's Degree
Management of Education



LANGUAGES

- Bahasa Indonesia - Native
- English - C1 Advanced (CEFR)



CORE STRENGTHS

- ✓ Beginner Friendly Teaching
- ✓ Mindful Movement
- ✓ Posture Correction
- ✓ Client Communication
- ✓ Exercise Modification
- ✓ Alignment & Cueing
- ✓ Group & Private Instruction



PILATES TEACHING EXPERIENCE

PILATES INSTRUCTOR

2025 - Present

Teaching Pilates in Jakarta at Kini & Prana, with private sessions at Ashta District 8 and Glimpse

- Guide clients with clear cueing and safe movement modifications
- Focus on posture correction, alignment, breathing, and mindful movement principles
- Create supportive and engaging class environments for various fitness levels



PROFESSIONAL BACKGROUND

2012 - 2026

Education & Culture - Program Designer / Educator / Training Coordinator

- 15+ years of experience in education, training, and program coordination
- Design and implement learning programs and cultural initiatives
- Conduct training, workshops, and stakeholder engagement
- Strong skills in curriculum development, communication, and leadership



CERTIFICATIONS & TRAINING

- STOTT Trained - Mat, Reformer & ICCB
- KPA Certified Mat & Reformer
- Workshops: Scoliosis, ISP, Pre/Postnatal



TEACHING SPECIALTIES



Reformer Pilates
(Private, Semi-Private,
Group Classes)



Posture
Correction



Mindful
Movement



Beginner
Focused

Committed to helping clients move with greater awareness, strength, and confidence.