

Pilates

Meet Our Instructors



Lynn Brandon- Clinic Owner, Registered Physiotherapist, Certified Pilates Instructor, Registered Physiotherapist, Certified in Acupuncture, Certified in IMS Gunn, C Instructor, Certified Personal Trainer

Lynn Brandon completed her degree in physiotherapy at the University of British Columbia, graduating with honours. Her experience working in hospital and private practice has allowed exposure in many areas of physiotherapy. In 1994 she worked in a sports clinic where she was able to expand her skills in the area of sports and work injury management as well as continued post-graduate education. After completing all the courses available through the Acupuncture Foundation of Canada Institute in Toronto, she became a Registered Acupuncturist in 2017, she added IMS to her 'tool kit' with certification through the UBC Gunn IMS program and has found both IMS and Pilates to be adjuncts to her practice.

Lynn volunteered with the Sharks Swim Team as Meet Manager and dry-land training as a Pilates Teacher. She has volunteered with many organizations over the years, which has allowed her the privilege of sharing her expertise with others with the intention of helping them find what they can find useful in their everyday life. Lynn is the past President of the Rotary Club of Strathcona Sunrise (2011-2012), the Hospice Society (2016-2017). When she is not working, Lynn volunteers her time doing trail maintenance and building trails, kayaking, snowshoeing and skiing.

Lynn's interest in fitness and living an active lifestyle evolved from her years growing up in the Comox Valley where water related activity were an integral part of childhood. Together with many years playing volleyball, these things played a significant role in her pathway in life. For several years, Lynn was a Course Instructor for Fitness Leaders. For 33 years she has been teaching Pilates and ACE certified Personal Trainer becoming certified with STOTT Pilates in 2002. She holds STOTT Certification in Pilates and Advanced Certification and specialized training for Injuries and Special Populations. Lynn has found Pilates to be a great form of exercise and is a lovely complement to all other forms of exercise. Her unique blend of warmth, sensitivity and positive energy provides a spiritual, intellectual and physical enhancement.

In 2005, Lynn and her family returned home to the Comox Valley where she founded Bodyworx Physiotherapy and Bodyworx is a beautiful facility known as the Manor, overlooking the Comox harbor and mountains. In addition to innovations such as Bodyworx, the clinic offers Scoliosis/Scheuermann's Kyphosis Management, Extracorporeal Shock Wave Therapy, Neuroproprioceptive Training, Acupuncture, IMS, Laser, Women's and Men's Pelvic Health, Vestibular Rehabilitation, and Balance Retraining Therapy, Functional Movement Screening and Functional Rehab Orthotics.

Lynn enjoys her clinical work and teaching immensely. She finds great joy in sharing her passion with others.



Lynn Brandon- Clinic Owner, Registered Physiotherapist, Certified Pilates Instructor BSc P.T., CAFCI Regis

Shane Korpan- Certified Pilates Instructor Certified STOTT Pilates Practitioner

Shane is a Certified STOTT PILATES® Instructor in Essential and Intermediate levels for Matwork, Reformer, Cadillac and Specialized Populations course work. When she's not practicing or teaching Pilates, Shane leads an active lifestyle of skiing, both winters and summers are spent on two wheels, either road, mountain, or downhill biking. She also enjoys chasing the wind, kitesurfing, and windsurfing season. After experiencing numerous sport related injuries, Shane was introduced to Pilates by a former dance colleague who was focused on big movements while working the big muscle groups, but since becoming a certified instructor in the STOTT Pilates program, she has a deeper understanding of the importance of all the small, stabilizing muscles in our body and the effect these muscles have on our body ultimately preventing injury.



Shane Korpan- Certified Pilates Instructor Certified STOTT Pilates Practitioner

Julie Matthews- Certified Pilates and Yoga Instructor Certified STOTT Pilates P Trainer

Even at 5 years old Julie was playing teacher. Since then, she earned a Bachelors of Arts Honors in Psychology and from Queen's University. Julie has traveled extensively, and over the years she has have enjoyed teaching elementary Canada.

^

In 2016, Julie trained with, and worked for, Kathleen Pastorello at Forza Pilates in Colorado Springs. Julie is certified Tower/Trapeze Table, Barrel and Mat Pilates. She has completed the Balanced Body Comprehensive 450 Hour Pilates Instructor in 2017.

^

In 2019, Julie also became a Certified Yoga Teacher completing the RYT-200 with Life Power, in Colorado Springs. yoga and Pilates are to healing the body and functional well being. She then expanded yoga learning to teach yoga providing students with social, emotional, and physical learning tools.

^

Julie feels that Pilates and Yoga is for everyone! For her, it has created a greater self-awareness, as well as many benefits to guide others toward greater self-awareness and better overall health. Julie states: ' I would love to share a well and balanced through these methods. I believe Pilates and Yoga helps us function better in every day life, and allow body and no spare parts, so we need to keep it maintained!'

^

When not teaching, Julie enjoys exploring new trails with her husband, two boys, friends and Golden Retriever. She loves camping and travelling.

^

Message direct from Julie: ' Now that our family has made the Comox Valley our home, you can come explore Pilates and Physio and Pilates Health studio, located in the beautiful, historic Manor!'



Julie Matthews- Certified Pilates and Yoga Instructor Certified STOTT Pilates Practitioner, ACE Certified Tra

Kerstin Mail- Certified Pilates InstructorCertified Pilates Instructor

Kerstin Mail was born and raised in Vancouver. Inspired by her father who was a doctor and her mother who was a Pilates instructor, she has spent her life helping bodies (but doesn't like blood).

Kerstin completed her Bachelor of Exercise Science in Queensland, Australia. From there she moved to Victoria, BC to become a personal trainer and instructing Pilates, Barre, TRX, and Bootcamps (along with teaching biking and mad science on the side). She chose this career doing what she loves by going back to school in 2018 to become a Rehabilitation Assistant at Capilano University. This was the path she had chosen.