

**Riki Richter Osteopathic Manual Practitioner, D.O.M.P., D. Sc. O.  
Rehabilitative Pilates Mat & Equipment / Yoga Teacher / Franklin Method Educator  
Synergy Movement Therapy Director, Teacher Trainer and Mentor**

**Pilates Certifications and Continuing Education**

Pilates	Comprehensive Mat & Equipment Training Pilates Downtown	1995
Cathy Murakami	Pilates Mat	1995
Karen Carlson	Cadillac	1995
Marika Molnar	Upper Body	1995
Alan Herdman	Pilates Rehabilitation and Dance Injury Prevention	1995
Jean Claude West	BAC Discs Pilates Rehab and Scoliosis	1997
Marie Jose Blum	Pilates Foundations for Rehab	1997
Alan Herdman	Pilates Rehabilitation	1998
Michelle Larssen	Wunda Chair	1998
Dianne Miller	Rehabilitative Pilates for Upper Body	1999
Dianne Miller	2 Week Classical Pilates Mat	1999
Karen Carlson	Pilates Mat	2000
Dianne Miller	Rehabilitative Pilates for The Pelvis	2001
Karen Carlson	Reformer	2001
Karen Carlson	Wunda Chair	2001
Karen Carlson	Pilates Arc Barrels	2002
Dianne Miller	2 Week Classical Pilates Mat	2003
Dianne Miller	Gait, Cadillac	2003
Karen Carlson	Cadillac	2003
Karen Carlson	Movement Theory	2004
Dianne Miller	2 Week Classical Pilates Mat	2004
Dianne Miller	Wunda Chair	2004
Dianne Miller	Module 1 TTC	2005
Dianne Miller	2 Week Classical Pilates Mat	2005
Dianne Miller	Pilates Barrels	2005
Dianne Miller	2 Week Classical Pilates Mat	2006
Karen Carlson	Reformer	2007

Karen Carlson	Cadillac	2008
Karen Carlson	Wunda Chair, Arm Chair	2008
Karen Carlson	Pilates Barrels	2009
Karen Carlson	Pilates Fundamentals	2009
Karen Carlson	Small Equipment	2010
Karen Carlson	Cadillac	2010
Marie Jose Blum	Foot	2012
Karen Carlson	Reformer	2018
Karen Carlson	Wunda Chair, Arm Chair	2019

### **Pilates On Tour Rehab Summit** 2021

Brent Anderson PhD, PT, OCS: Pelvic Floor Research / Beth A. Kaplane:  
 Pilates for Hip Replacements / Dr. Diedra Manns PT: A Movement Science Approach to  
 Preventing and Restoring Shoulder Dysfunction / Matt McCulloch and Travis Gerrald DPT:  
 Programming For Foot and Ankle Injuries / Christine Romani-Ruby D.Ed., MPT, PT:  
 Hip or Back?

### **Pilates Method Alliance Conferences**

Denver Colorado Nov 25-30 2003: Workshops with Ron Fletcher, Kathy Grant, Mary Bowen,  
 Rael Isacowitz, Lolita San Miguel and Jon Zahourek

New Orleans Oct 31-Nov 3 2004: Workshops with Maya Aubrey, Karen Clippinger,  
 Jillian Hessel, Yamuna Zake, Julian Littleford, Wendy LeBlanc-Arbuckle

Palm Springs, CA Nov 3-6 2005: Workshops with Marie Jose Blum, Mairin Wilde,  
 Alan Herdman, Rael Isacowitz,, Elizabeth Larkam, Dawn-Marie Ickes

Palm Springs, CA Nov 2-5 2006: Workshops with Irene Dowd, Dianne Miller,  
 Rael Isacowitz, Pino Carbone, Tita Ortega, Marie Jose Blum

### **Yoga Teacher Trainings and Continuing Education**

Downward Dog	Teacher Training	1998
Danny Paradise	Ashtanga	1998
Richard Freeman	Ashtanga	1998
Katchie Shakti Gaard	Ashtanga	1999
Tim Miller	Ashtanga	1999
Eddie Modestini, Nicki Doane	Yoga for Scoliosis	2001
Hart Lazar	Iyengar	2002

Chuck Miller, Maty Ezraty	Ashtanga	2002
Hart Lazar	Iyengar	2002
David Williams	Ashtanga	2003
Hart Lazar	Iyengar Week Intensive	2003
Richard Freeman	Ashtanga	2003
Francois Raoul	Iyengar	2003
Hart Lazar	Teaching Pedagogy	2003
Richard Freeman	Ashtanga	2003
Chuck Miller, Maty Ezraty	Ashtanga	2004
Chuck Miller, Maty Ezraty	Ashtanga	2005
Hart Lazar	Iyengar	2005
Chuck Miller, Maty Ezraty	Ashtanga Advanced Teacher Training	2006
Matthew Sweeney	Ashtanga	2006
Chuck Miller, Maty Ezraty	Ashtanga	2006
Eddie Modestini, Nicki Doane	Ashtanga	2006
Chuck Miller, Maty Ezraty	Ashtanga	2007
Eddie Modestini, Nicki Doane	Ashtanga	2007
Andrea Peloso	Restorative Yoga	2009
Octopus Garden	Restorative Yoga Teacher Training	2011
Doug Keller	Yoga for Shoulders	2012

## Yoga Conferences

Yoga Journal Conference Sept 21-30 2002: Workshops with Roger Cole, Richard Freeman, Judith Lasater, Ana Forrest, John Schumacher, Julie Gudmested and Dona Holleman

Yoga Conference Toronto 2004: Workshops with Laura and Norman Allard, Dharma Mittra

## Osteopathic Training and Continuing Education

Canadian College of Osteopathy Comprehensive Academic Program: D.O.M.P., D.Sc.O.	
Graduated 5th Year	2010
Thesis "Effects of Global Osteopathic Treatment on Postpartum Low Back Pain"	2014
Orthopaedic Assessment of the Lower Extremity	2008
Orthopaedic Assessment of the Upper Extremity	2009
Osteoarticular Technique	Clive Standen, D.O. 2011
Still Technique	Pierre Bachand, D.O. 2013

Endocranial Spasm (Concussion)	Genevieve Forget	2014
John Martin Littlejohn	Christian Fossum	2014
Women's Health	Renzo Molinari	2016
Advanced Palpation	Genevieve Forget	2016
Stephen Sandler	Obstetrics	2017
<b>Women's Health Symposium</b>	Renzo Molinari, London, England	2018
3 Day: Prof Frank Willard, Renzo Molinari D.O., Susan Turner D.O.		
Advanced Palpation	Genevieve Forget	2021
Evolutionary Physiology	Max Girardin	2023
Mobilization of the Cranial Nerves	Anne Hartley	2023
Paediatric Examination Newborn to Six Months		2023
Ear, Nose and Throat	Torsten Liem	2024
<b>Franklin Method Training and Continuing Education</b>		
Franklin Method	The Diaphragm with Morten Dithmer	2010
Franklin Method	The Strong Pelvic Core with Morten Dithmer	2010
Franklin Method	150 Hour Level 1 Teacher Training	2015
Franklin Method	The Mighty Psoas with Morten Dithmer	2017
Franklin Method	Beyond The Pelvic Floor	2022
Franklin Method	The Embodied Brain	2022
Franklin Method	Hand In Motion	2022
Franklin Method	The Foot	2023
Franklin Method	Evolution and Function	2025
<b>Other Areas of Study</b>		
Craniosacral I	Upledger Institute	1999
Craniosacral II	Upledger Institute	2000
Reiki Level I	Anita Levin	1997
Brainwave Biofeedback	Césan d'Ornellas Levine	1999
Kinetics Ball Release Work	Fiona Griffiths	1997
Kinetics Ball Release Work	Fiona Griffiths	1998
Human Dissection 1 Week	Todd Garcia	2003
Kinetics Ball Release Work	Fiona Griffiths	2004

Anatomy in Clay 1 Week	Jon Zahourek	2004
Anatomy in Clay	Laura Allard	2006
Fascia Congress Amsterdam	Multiple, Workshop with Andre Vleeming	2009
Irene Dowd	Eccentric Work	2009
Eldoa Level I	Petra Baethmann	2015
DNS A	Martina Jezkova	2016
DNS Exercise	Martina Jezkova	2016
DNS:Women's Health / Baby	Martina Jezkova	2017
Reconciling Biomechanics with Pain Science	Greg Lehman	2016
Reconciling Biomechanics with Pain Science	Greg Lehman	2017
<b>2K19 International Congress for Integrative Rehabilitation</b> , Los Angeles		2019
4 Day: Paul Hodges, Carla Stecco, Pavel Kolar (Pre-Congress Workshop)		
Fascia Research Online Summit	Carla Stecco, Frank Willard et al.	2020
Diane Lee	Diastasis Rectus Abdominis	2020
Birth Healing Summit	20 Hours Various Presenters incl. Diane Lee	2021
Birth Healing Summit	20 Hours Various Presenters	2022

### **Employment, Teacher Training Programs and Workshops**

Pilates Downtown	Pilates Teacher	1996-1999
Canadian Olympic Synchro Team	Pilates Teacher	1998-1999
Mind the Body Pilates & Bodywork	Pilates & Yoga Teacher, Owner	1999-2011
Synergy Sports Medicine	Movement Therapy Director, Owner Osteopathic Manual Practitioner	2011-Present
Downward Dog	Anatomy for Teacher Training Yoga Teacher / Mysore Teacher	1999-2010
Mind the Body Pilates & Bodywork	Pilates Mat Teacher Training	2007
Alexander Alliance Toronto	Anatomy for Teacher Training	2006
Mind the Body Pilates & Bodywork	Anatomy Modules	2008-2010
Octopus Garden Yoga	Anatomy for Teacher Training	2010
	Six Common Yoga Injuries	2011-2013
	Pilates Teacher	2018-2019
889 Yoga	Anatomy for Teacher Training	2012
Yoga Festival of Toronto	The Sacroiliac Joint	2010

Sasha Padron's Pre & Post Natal Yoga	Anatomy for Teacher Training	2013-Present
YMCA Yoga Teacher Training	Six Common Yoga Injuries	2015
Movement Research Intensive	The Diaphragms: Fascial Domes and Fluidic Pumps	2017
Synergy Sports Medicine	The Biomechanics of Birth for Movement Teachers with Stacey Hauserman	2017
Soma Workshops	Breathing for Optimal Health	2017
Synergy Sports Medicine	Developmental Movement and the Body Loop with Diane Bruni	2018
Movement Research Intensive	Developmental Movement Principles The Body Loop	2018
Synergy Sports Medicine & Inhabit Pilates	125 Hour Foundational and Classical Pilates Mat Teacher Training with Julia Wyncoll	2018-2019
The Body Loop	<a href="http://thebodyloop.com">thebodyloop.com</a> with Diane Bruni	2018-Present
Spinal Flexion 4 Week Series Synergy Sports Medicine (Recurring)		2018-Present
Ontario Medical Association Sports Medicine Conference "Pilates as a Rehab Tool"		2019
The Yoga Conference, Toronto The Body Loops for Yoga-Based Movement co-presented with Diane Bruni		2019
Downward Dog Yoga Centre Teacher Training Intro to Pilates for Yoga Teachers The Core and Pelvic Floor		2020
Synergy Sports Medicine	125 Hour Foundational and Classical Pilates Mat Teacher Training	2022
Synergy Sports Medicine	125 Hour Foundational and Classical Pilates Mat Teacher Training	2023

### **Memberships and Associations**

National Pilates Certification Program

The Franklin Method

Ontario Association of Osteopathic Manual Practitioners