

FACULTY

LOUISA POTTER

Dance Pilates Tutor



Originally from the Kāpiti Coast, Louisa found her love of movement and teaching through dance. Having studied at the New Zealand School of Dance and discovering Pilates with Jocelyn McGregor, and a brief stint as a dancer, both in New Zealand and the UK, she went on to train in London with the UK's leading Pilates expert, Alan Herdman, in 2003. Louisa worked in his Marylebone studio for the following 10 years gaining valuable experience and guidance from Alan and his network of teachers and collaborators.

In addition to working with the general population at Alan's, and several other London studios, Louisa particularly valued her time working with young adults, 16-22, at Millennium Dance vocational stage school 2004-2011 and the last 15 years teaching at London's Central School of Ballet's senior school, this job was an absolute joy, challenging and extremely rewarding and she was only drawn away by the call of home.

Louisa returned home to New Zealand in 2023 with her husband and two boys to bring up her family in beautiful Aotearoa