

Matthew Lueders

Movement Educator | The Gyrotonic Expansion System®

Profile

Movement educator specializing in Gyrotonic® exercise, with over 20 years of teaching experience. His work integrates Pilates, Yoga Narada®, Rebirthing Breathwork and energy work into a cohesive and adaptable approach to movement and human regulation. He teaches internationally across private sessions, group classes, retreats and collaborative projects.

Professional Experience

Independent Practice – Movement Education

Portland, Oregon (2021–2024) | Barcelona (2024–Present)

- Private and small-group instruction with an emphasis on Gyrotonic® and Gyrokinesis® exercise
- Integration of Pilates, breathwork and Narada® principles
- Ongoing online classes and work with an international client base

Co-Owner & Senior Instructor – reFORM Pilates and Movement

Portland, Oregon (2009–2021)

- Expanded a small studio into a multidisciplinary wellness center (12+ staff)
- Oversaw programming across Pilates, Gyrotonic, Gyrokinesis, massage, acupuncture, barre, yoga and Alexander Technique
- Led certification courses, mentored instructors and supported staff development
- Implemented anti-racism training initiatives addressing inequities in the fitness industry

Hospitality & Restaurant Management (Pre-2005)

- Experience in high-end and corporate environments; foundation in client service, operations and team leadership

Teaching Projects & Residencies

Guest Trainer – Spazio Corpo

Syracuse, Italy (March–April 2026)

- Residency as visiting Gyrotonic teacher in a hospitality setting

Retreat Organizer & Facilitator | 2013–Present

- Designed and led international retreats integrating movement, breathwork and interdisciplinary practices
- Collaborations have included Internal Family Systems (IFS), cooking, language study and energy work

Certifications

- Pilates Mat & Apparatus (2005)
- Gyrotonic® (2009)
- Gyrokinesis® (2010)
- Gyrotonic® Pre-Trainer (2013)
- Yoga Narada® (2015)
- Reiki, Levels I & II (2025)

Additional Training & Study

- Rebirthing Breathwork (practice since 2006; training with Sondra Ray and Leonard Orr)
- Contemporary Alexander Technique
- Sanación Pránica

Education

Brown University – B.A. History of Art and Architecture (2008)
Harvard Business School Online – Entrepreneurship (2023)

Additional Experience

Docent – Portland Art Museum (2008–2018)

Languages

- English – Native
- Spanish – Fluent (C1), Instituto Cervantes
- French – Conversational
- German – Conversational
- Portuguese – Basic
- Arabic – Basic
- Italian – Basic
- Catalan – Basic