

About Jim

Jim Phillips is a Master Teacher of **Yoga Narada®** and has worked alongside its developer Hilary Cartwright for nearly 25 years, teaching her former New York classes and assisting her with visiting ballet schools and her retreats in Italy, Morocco, and Switzerland. He has been on the faculty at the American Ballet Theatre's Summer Intensive in New York for 19 years and has worked with dancers from New York City Ballet, Alvin Ailey, Royal Ballet, Leipzig Ballet, Scapino Ballet, and students from the schools at ABT, Het National Ballet, Martha Graham School of Contemporary Dance, Gelsey Kirkland, and Broadway Dance Center. He also regularly works with opera singers, conductors, golfers, and people from all walks of non artistic life in his weekly on-demand Zoom **Yoga Narada®** class as well as in one-on-one private sessions.

He is a certified **GYROTONIC®** trainer and holds certifications on all **GYROTONIC®** Specialized Equipment, comprehensive working knowledge of the original Floor Units, and studied the **GYROTONIC®** method extensively with Ms. Cartwright. He is now the custodian of her Pre- and Post-Operative Hip Replacement course which he teaches online and in-person world-wide.

Jim was a master trainer for The Sports Club/LA NY at Rockefeller Center and has taught for Reebok Sports Club NY, Fluid Fitness, Chelsea Movements, CLAY, The Harvard Club, NBC Network News Ad Sales, White Cloud Studio Amsterdam, and Bassi Brugnattelli Symposium for Opera Singers and Conductors.

His clients have included television celebrities, film actors, opera singers, conductors, ballet dancers and students, TONY Award® winning Broadway directors, choreographers, singers, dancers, professional race car drivers, high-fashion designers and models, equestrians, enthusiasts of golf, tennis, swimming, hockey, rowing, muay thai, Olympic weight lifting, triathlons, and more. He has worked with children, the elderly, pre- and post-natal mothers, scoliosis sufferers, and pre and post-surgery clients with ruptured achilles, dislocated ankle, torn meniscus, ACL repairs, knee replacement, pre/post-op hip replacement, labral tears of the hip, shoulder impingement, frozen shoulder, dislocated shoulder, fractured shoulder, labral tears of the shoulder, bulging and herniated discs, discectomy, trigger finger, mastectomy, and TRAM flap reconstruction. He also regularly works with other **GYROTONIC®** instructors on their work and technique for both their teaching and personal use as well as with Ms. Cartwright's teachers in their **Yoga Narada®** teacher training apprenticeship.

He holds a B.F.A. in Musical Theatre with additional studies in Opera and Minors in Piano and Dance from Shorter College. He is a member of Actors Equity Association, the professional union for stage actors, and has appeared in classical and contemporary musical theatre, solo recital, major choral and orchestral works, and classical pas de deux on the New York stage, in regional theatres, recital halls and cathedrals around the U.S., Europe, and has also danced with Liza Minnelli. He showed horses for over ten years in Hunt Seat, Saddle Seat, and Three-DayEventing. His knowledge and application of both **Yoga Narada®** and **GYROTONIC®** exercises combined with his sense of humor and dedicated personal attention make him a sought after teacher and coach.

About Hilary

Hilary Cartwright was a soloist then ballet mistress and répétiteur with the Royal Ballet England. Former positions include Associate Director Royal Winnipeg Ballet, Canada; Director, Netherlands Dans Theatre 11, Holland; Associate Artistic Director, Teatro Colon, Buenos Aires; Assistant to the Director, Grand Théâtre de Genève, Switzerland; Assistant to Director, Movement Group English National Opera; Assistant to the Director, New Jersey Ballet; Ballet Mistress Joffrey Ballet.

She co-founded White Cloud Studio, New York, with Juliu Horvath and trained the first **GYROTONIC®** teachers. She also administered the studio and staff for 12 years. She taught a specialized form of “Yoga for Dancers” created by Juliu, influenced on Taoist’s principles, drawn from Hatha and Kundalini Yoga. This method was designed to develop correct body alignment and placement, particularly for dancers. Subsequently Juliu went on to develop it into **GYROKINESIS®** with a more Yang emphasis, while Hilary developed a more Yin influenced progression known as **Yoga Narada®**.

As guest teacher she has worked with Aspen/Santa Fe Ballet, U.S.A.; Scottish Ballet; Scapino Ballet, Holland; Berne Ballet, Switzerland; Ballet Municipal, Rio de Janeiro, Brasil; Het Nationale Ballet, Holland; Miami City Ballet; Washington Ballet D.C.; Houston Ballet, Texas as well as The Juilliard School, remodeled the Conservatoire in Genève and updated the curriculum; Royal Academy of Dancing summer intensives in Australia and New Zealand; 15 years with American Ballet Theatre’s Summer Intensive, New York; The American Academy of Ballet, Oregon and New York; Interlochen Academy; St Paul’s School; and select students in Hong Kong and Japan.

On film, she was the Assistant to the director and the choreographer and coach for “Pavlova” a Bravo TV production now on video.

She has had published articles in several dance magazines including an educational series in “The Dancing Times” England and for the Royal Academy and published a book “Dancing For A Living,” currently in the Lincoln Center Library for the Performing Arts, New York (aimed at young dancers aspiring to a career in dance.) She is frequently invited to contribute to various dance magazines in America for both balletic and yoga advice.

In 2023, Hilary became one of seven honorees to receive the Dance Teacher Magazine award.

She continues to guest teach internationally in ballet and **Yoga Narada®** as well as coach and set ballets, particularly from the Ashton repertoire as an Ashton Associate. She teaches **Yoga Narada®** classes to people worldwide via Zoom from Alpatró, Spain.