

**Patrick Redmond**  
**Co-Founder Of DRT Dynamic Resilience Training®**  
**Also Known As Red Mountain Evolved Pilates**

**Patrick Has Been Teaching DRT Since 2004**

- ✓ **Taught Over 20,000 Group Classes And Individual Sessions.**
- ✓ **Worked With Clients From Over 100 Different Backgrounds.**
- ✓ **Helped Clients Manage Over 100 Different Body Conditions.**
- ✓ **Completed 4-Year 5,000-Hour DRT Apprenticeship From 2003 To 2007.**
- ✓ **Certified DRT Dynamic Resilience Training® Instructor In 2007.**
- ✓ **Guiding Principles: Safety First, Then Results. Embody First, Then Teach. Know Your Stuff, And Always More To Learn.**

**Highlights**

- ❖ **Met And Married Deborah In San Francisco Over 23 Years Ago!**
- ❖ **Graduated Summa Cum Laude With A B.S. In Business Management From The Pennsylvania State University In 1986.**
- ❖ **Insurance Underwriting Career From 1987 To 2002 Analyzing People, Places, And Things For Safety, Loss Prevention, And Risk Management.**
- ❖ **Certified Yoga Teacher In Sivananda Lineage in 1999.**
- ❖ **Certified Franklin Method Level I Educator By Eric Franklin In 2007.**
- ❖ **Certified Franklin Method Level II Educator By Eric Franklin In 2009.**
- ❖ **Completed Stott Pilates Instructor Training Programs: Intensive Mat; Advanced Mat; Intensive Reformer; Injuries & Special Populations.**
- ❖ **Co-Founder Of SlimBouding® - Teaching SlimBouding® Since 2012.**
- ❖ **Written DRT Dynamic Resilience Training® Instructor Training Manuals.**
- ❖ **Co-Produced DRT And SlimBouding® Videos Available Online.**
- ❖ **Deborah And Patrick Opened Oceanside CA Studio August 2019.**