



# MAITÉ PAILLET

**AT MIT SINCE 2015**  
Teaching Pilates and  
Fitness & Meditation



**FAVORITE FOOD**  
Indonesian or  
French

**FAVORITE THING  
ABOUT TEACHING AT MIT**  
The students are ready to do their  
best, curious, and always game to  
learn something new.

**EDUCATION**  
BSBA in Finance,  
Accounting &  
Performing Arts  
Pilates Master Teacher  
Trainer



**ADVICE FROM  
FUTURE SELF**  
Live life fully, enjoy, and  
bring goodness and well-  
ness to your community.

Maité Paillet van Lohuizen began teaching for MIT Recreation in 2015 and started teaching Pilates for Physical Education & Wellness in 2017. She has degrees in Finance and Accounting and Theater Arts. Maité is a Pilates Master Teacher Trainer in addition to her certifications in Pilates, Mindfulness Based Stress Reduction, and Cognitive Behavioral Therapy. She started Pilates at age four while taking Contemporary Modern Dance and continued the practice for ten years. In 2011, Maité rediscovered Pilates while training for her successful summit of Mount Rainier. The benefits she experienced led to leaving her career in the corporate world and training to become a Pilates Master Teacher Trainer. Maité describes her favorite place as a peaceful place surrounded by nature.