



My main training and further continuing education

1994 Aerobic training certification at the International Fitness Association (IFA) in Milan, Italy

1999 Aerobics and Fitness Training at the International Aerobics & Wellness Academy in Balerna, Switzerland

2000 Fitness for seniors , stretching, fitness - gym conventions, Wirbelsäulengymnastik (WSG) training.

+ Newcomers Pilates in 2009 at Body Mind Spirit - Health Concepts in Zurich, Switzerland

+ XCO ® seminar in 2009 in Munich

+ Reactive Training in Munich

+ Personal Trainer Intro in 2009 in Munich

+ Sports Medicine and Rehabilitation in 2009 in Munich

+ Congress " Fit Children " of the Bavarian Gymnastics Association in 2010 in Augsburg

+ Personal Training diploma in 2010 in Munich

+ Pilates - Ballance ® Certification in 2009 in Munich

+ Pilates Powerhouse in 2010 at Body Mind Spirit - Health Concepts in Zurich, Switzerland

+ FlowTonic ® Basic in 2010 at Body Mind Spirit - Health Concepts in Zurich, Switzerland

+ Pilates 2 in 2010, Move to Move On in Munich

+ Pilates 3 Units in Move to Move On in 2010 in Munich

+ Stott Pilates ® Matwork Matwork Level 1 in 2011

+ Core Training Fundamentals for More to Move On in 2011 in Munich

+ Stott Pilates ® Matwork Matwork + Level 2 in 2012 with diploma

+ Stott Pilates ® Small Pezziball - Pilates Pillow - Mini Ball - Foam Roller - Circle - Barrel - Thera Band - Medicine Ball - on the bar at Pilates Body in 2010 to 2013 in Munich

+ Stott Pilates ® Injuries & Special Populations at Pilatesbody in 2012

+ Functional Training for Sports ® Perform in 2012 in Munich

+ Flexi-Bar ® Update in Perform ® Sport in 2012 in Munich

+ Gymnastics - Convention at professional association certified gymnastics teacher/instructor in 2012 in Munich

+ Stott Pilates ® Stabiliy Chair Pilates Body in January 2013

+ Stott Pilates ® with Medicine Ball on the rod at Pilates Body, February 2013 in Munich

Pilates is a discovery which starts from the within.