

Daniela Brügger – meine Aus- und Weiterbildungen

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2021

Diverse Webinare:	art of motion, contemporary movement education
- Kernkompetenz – Tiefe Frontallinie	
- Thorakolumbalfaszie – zentrale Drehscheibe mit körperweitem Einfluss	
- Mehrdimensionale dynamische Stabilität	

2020

Slings Unterrichten	art of motion, contemporary movement education
<b>Slings Diploma – Slings Myofascial Training Practitioner</b>	art of motion, contemporary movement education

2019

Slings in Motion III	art of motion, contemporary movement education
Pilates Flow Advanced	art of motion, contemporary movement education
Pilates & Kleingeräte	art of motion, contemporary movement education
Pilates Body Reading & Bewegungsstrategien	art of motion, contemporary movement education
Pilates Funktionell Choreografieren	art of motion, contemporary movement education
Slings in Motion II	art of motion, contemporary movement education
Slings in Motion I	art of motion, contemporary movement education
Slings Essentials	art of motion, contemporary movement education
Pilates Taktilen Instruieren	art of motion, contemporary movement education
<b>ZERTIFIKAT Pilates Reformer Essentials</b>	art of motion, contemporary movement education
Pilates Bewegte Rückbildung	art of motion, contemporary movement education
Anatomy Trains in Motion	art of motion, contemporary movement education
<b>ZERTIFIKAT Pilates Essentials</b>	art of motion, contemporary movement education

2018

Pilates Unterrichten I	art of motion, contemporary movement education
Pilates Flow	art of motion, contemporary movement education
Pilates Dos & Don'ts	art of motion, contemporary movement education
Pilates Reformer Essentials	art of motion, contemporary movement education
Pilates Essentials	art of motion, contemporary movement education
Pilates Anatomie	art of motion, contemporary movement education
<b>Dipl. Power Yoga Kursleiter</b>	s.a.f.s. swiss academy of fitness & sports

2017

Pilates Flow	s.a.f.s. swiss academy of fitness & sports
Kleingruppentraining am Functional Tower	s.a.f.s. swiss academy of fitness & sports
Kettlebell Anwender Level 1	s.a.f.s. swiss academy of fitness & sports
Kettlebell Anwender Level 2	s.a.f.s. swiss academy of fitness & sports
Be a better Personal Trainer	s.a.f.s. swiss academy of fitness & sports
Powerband und Miniband	s.a.f.s. swiss academy of fitness & sports
Freies Athletik Training	s.a.f.s. swiss academy of fitness & sports
FunTone – Functional Toning Day	s.a.f.s. swiss academy of fitness & sports

2016

<b>Dipl. Athletik Coach</b>	s.a.f.s. swiss academy of fitness & sports
<b>Dipl. Athletik Trainer</b>	s.a.f.s. swiss academy of fitness & sports
<b>Dipl. Functional Trainer</b>	s.a.f.s. swiss academy of fitness & sports
<b>Dipl. Cardio Trainer</b>	s.a.f.s. swiss academy of fitness & sports
<b>Dipl. Workout Trainer</b>	s.a.f.s. swiss academy of fitness & sports

## 2015

### Dipl. Ernährungskoach

Anti-Burnout-Food  
Sportartengerechtes Training: Funktionelle Übungen  
Präventives und rehabilitatives Training für die Schultern

AeroSling – funkt. Training mit dem eigenen Körpergewicht

Pilates Day

Toning Day

### Dipl. REHA Betreuer Extremitäten

### Dipl. Personal Trainer

Pilates Arc,

### Dipl. Fitness Trainer

FunTone Day

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personal fitness herzig & latscha

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## 2014

### Dipl. Fitness Betreuer

barre concept Ausbildung

### Sensomotorik mit BOSU- für Fitness Trainer

### (I.B.T. Diplom)

Pilates Reformer ‚fat burning‘

Fascial Walk

FunTone Intensity

FunTone Day

Faszientraining Basiskurs

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‚barre concept@‘-Methode nach Sabine Albrecht

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Personal fitness herzig & latscha

Fascial Fitness, Bildungszentrum REHAstudy

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s.a.f.s. swiss academy of fitness & sports

Fascial Fitness, Bildungszentrum REHAstudy

## 2013

Pilates Do's and Dont's

3D Pilates: Pilates & Stretch Evolution

Toning Workout-Best of Esther Albin

Kursleiter Experte Pilates/FunTone

Pilates I: Advanced Mat Class

Toning II: FonTone, Training mit Widerstand

Pilates mit Overball und Balance Pad

FunTone-das Toning Update

Toning Day

Dance & Step Day

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## 2012

### Dipl. Pilates Reformer Instruktor

Golf Fitness Trainer

### Dipl. Pilates MAT CLASS Kursleiter

Pilates auf dem Reformer

Pilates Kleingeräte

Zum Sixpack in 100 Tagen

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## 2011

Franklin Methode Kopfschmerzen Ade

Pilates - Oberes Powerhouse

Franklin Methode Organtraining

Pilates Flow Tonic

BodyMindSpirit health concepts

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2009

Pilates Basic - Lehrgang

BodyMindSpirit health concepts

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2008

**Dipl. Beckenbodenkursleiterin für Männer und Frauen**

Beckenboden - der männliche Beckenboden

star-school for training and recreation

Beckenboden-Basic 2 – für Männer und Frauen

star-school for training and recreation

Beckenboden-Basic 1 – für Männer und Frauen

star-school for training and recreation

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2007

body pump – les Mills Ausbildung

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Emergency Manager

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Nordic Walking Workshop

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Training und Stabilität

s.a.f.s. swiss academy of fitness & sports

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2006

Coyot Ugly Workshop

Daniela Baumann dance academy

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2003

Jin Shin Do–Akupressur Grundkurs

satyam Institut für ganzheitliche Körpertherapie

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2002

Jin Shin-Do Akupressur Grundkurs

satyam Institut für ganzheitliche Körpertherapie

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2001

Powerfood-Workshop

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2000

**Dipl. Aerobic Instruktor**

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1999

**Dipl. Gymnastiklehrerin**

Walking-Wellness Seminar

danja Seminar in Zürich

Karin Albrecht in Zürich