



PILATES | FUNCTIONAL & PERSONAL TRAINING

**TRAINING**  
URDORF

## Aus- und Weiterbildungen

### 2020

**Slings Unterrichten**

art of motion, contemporary movement education

**Slings Diploma**

art of motion, contemporary movement education

– **Slings Myofascial Training Practitioner**

### 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 Taktiles Instruieren**

art of motion, contemporary movement education

**ZERTIFIKAT Pilates Reformer Essentials**

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

**ZERTIFIKAT Pilates Essentials**

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

**Dipl. Power Yoga Kursleiter**

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

### 2017

**Pilates Flow**

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**Kleingruppentraining am Functional Tower**

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**Kettlebell Anwender Level 1**

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**Kettlebell Anwender Level 2**

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**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

**Dipl. Athletik Coach**

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

**Dipl. Athletik Trainer**

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

**Dipl. Functional Trainer**

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**Dipl. Cardio Trainer**

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

**Dipl. Workout Trainer**

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**BLS-AED Kurs und Wiederholungskurs**

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#### 2015

**Ausbildung zum Dipl. Ernährungscoach**  
**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 REHAsstudy  
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Fascial Fitness, Bildungszentrum REHAsstudy

#### 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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# TRAINING URDORF

**2009**

**Pilates Basic - Lehrgang**

BodyMindSpirit health concepts

**2008**

**Dipl. Beckenbodenkursleiterin für Männer und Frauen**

**Beckenboden - der männliche Beckenboden**

star-school for training and recreation

**Beckenboden-Basickurs 2 – für Männer und Frauen**

star-school for training and recreation

**Beckenboden-Basickurs 1 – für Männer und Frauen**

star-school for training and recreation

**2007**

**body pump – les Mills Ausbildung**

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

**Emergency Manager**

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

**Nordic Walking Workshop**

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

**Training und Stabilität**

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

**2006**

**Coyot Ugly Workshop**

Daniela Baumann dance academy

**2003**

**Jin Shin Do–Akupressur Grundkurs**

satyam Institut für ganzheitliche Körpertherapie

**2002**

**Jin Shin-Do Akupressur Grundkurs**

satyam Institut für ganzheitliche Körpertherapie

**2001**

**Powerfood-Workshop**

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

**2000**

**Dipl. Aerobic Instruktor**

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

**1999**

**Dipl. Gymnastiklehrerin**

danja Seminar in Zürich

**Walking-Wellness Seminar**

Karin Albrecht in Zürich