

## 2019

- Online Trainer Academy, Jonathan Goodman, Toronto, Canada

## 2018

- Even More Complete Shoulder and Hip Blueprint, NSCA Dean Somerset, Ljubljana, Slovenia
- Myokinematic Restoration, The Postural Restoration Institute®, Munich, Germany
- Certified FRC Mobility Specialist (FRCms), Dr. Andreo A. Spina, Toronto, Canada
- Postpartum Corrective Exercise Specialist, Dr. Sarah Duvall, USA
- Complete Shoulder and Hip Blueprint, NSCA Dean Somerset, USA

## 2017

- PRI Integration for Pilates, The Postural Restoration Institute®, Chicago, USA
- **Diploma of Clinical Pilates**, Breathe Education, Melbourne Australia
- PRI Integration for Fitness & Movement, The Postural Restoration Institute®, London UK
- Impingement & Instability, The Postural Restoration Institute®, West Yorkshire, UK
- Postural Respiration, The Postural Restoration Institute®, Lincoln, USA
- 52 Weeks of EveryBody Biomechanics, Nutritious Movement Inc, WA, USA

## 2016

- Pelvis Restoration, The Postural Restoration Institute®, West Yorkshire, UK
- Myokinematic Restoration, The Postural Restoration Institute®, Lincoln, USA

## 2015

- Healthy Foot Practitioner, The Restorative Exercise™ Institute, WA, USA
- FunTone® Basic und Intensity, SAFS Zürich, Switzerland
- Functional Training Basics, Perform-Sports® GmbH, Zürich, Switzerland
- Aqua Fitness Instructor, AquaCats, Zürich, Switzerland 2014
- TRX® Group Suspension Instructor, Fitagon, Winterthur, Switzerland

## 2014

- **The Pilates Standard Comprehensive Teacher Training**, Uster, Switzerland

## 2013

- Safe Spine Technique, The Gap Filler, Rebecca Leone, Chiasso, Switzerland
- **Peak Pilates Level 1 Certification**, Baar (ZG), Switzerland
- Dipl. M.A.X® Instructor, Star Education, Zurich, Switzerland

## 2011

- Dipl. TAE BO® Basic Instructor, IFAA, Zurich, Uster, Switzerland

## 2010

- **Power Pilates Intermediate Mat**, Uster, Switzerland

## 2009

- **Power Pilates Beginner Mat**, Uster, Switzerland
- Muscular Endurance for Group Fitness, Activ Fitness, Zurich, Switzerland
- Gymstick™ Muscle Instructor, Star Education, Zurich, Switzerland

## 2008

- Dipl. Antara® Instructor, Star Education, Zurich, Switzerland

## 2007

- Dipl. Aerobic & AeroDance® Instructor, Star Education, Zurich, Switzerland
- Dipl. Group Training Instructor, Star Education, Zurich, Switzerland

## 1994 – 1999

- **Bachelor of Engineering (Mechanical)** with Honours, Australia & Sweden