



My Motto:

"Knowing what to do to achieve your goals is just the beginning. My mission is to provide you with a high level of exercise skills but most importantly with a broad understanding of movement training, why and how it works."

Areas of Speciality

- Postural Alignment/ Flexibility/ Core Stability
- Pilates On the Mat and on Studio Equipment
- Rehabilitation
- Pre & Post Natal/ Women's Health
- Functional Strength Training (Toning/Shaping)
- Weight Management
- Sportspecific Training (Tennis, Golf, et al)

About myself

Born in the German Alps, with an active lifestyle, interests in a wide variety of sports were inevitable. Training for competitive Sport (Beach/Indoor Volleyball on national level, Gymnastics, Skiing) and overcoming injuries myself set the basics for a career in the health industry.

My qualifications include a degree in sports sciences, principal educator and presenter for the German FreeMotion Team and internationally certified Polestar Pilates Instructor for mat and studio as well as being a mum.

I have been working as a Personal Trainer/ Group Exercise Trainer for the past 10 years and enjoyed every one of them. Specifically the body and exercise concepts conveyed in the Pilates methods has enriched my work.

Helping people to rediscover their full physical potential and what this does to the overall wellbeing of each person is why I love doing what I do: being an exercise professional with a good sense of humour!