

PILATESwiss & Karolina Schmid

# Pilates & Yoga Convention



1 Tag intensiv - 18 Kurse & Seminare

7. März 2020  
Zürich Mühle Tiefenbrunnen

Anmeldung: [www.pilateswiss.ch](http://www.pilateswiss.ch)

|                     | Raum A   | Raum B  | Raum C                                 | Raum D                                |
|---------------------|--|---|--|---------------------------------------|
| 09:10<br>-<br>10:10 | <b>COMMUNITY GROOVE YOGA</b><br>Presenter Team         | <b>MORNING FLOW</b><br>Gillian                  | <b>PLYOMETRIC JUMP BOARD</b><br>Giulia | <b>PILATES YOGA WALL</b><br>Karolina  |
| 10:30<br>-<br>11:45 | <b>COMMUNITY PARTNER ADJUSTMENTS</b><br>Presenter Team | <b>MORNING FLOW</b><br>Gillian                  | <b>PLYOMETRIC JUMP BOARD</b><br>Giulia | <b>PILATES YOGA WALL</b><br>Karolina  |
| 12:05<br>-<br>13:15 | <b>VISZERAL ADJUSTMENTS</b><br>Gillian                 | <b>PILATES YOGA BOOTCAMP</b><br>Karolina & Team | <b>CADILLAC HANGING</b><br>Marina      |                                       |
| 14:30<br>-<br>15:30 | <b>NIDRA DER BEWUSSTE SCHLAF</b><br>Igor & Marc        | <b>PILATES YOGA BOOTCAMP</b><br>Karolina & Team | <b>CADILLAC HANGING</b><br>Marina      | <b>NO DOG FLOW YOGA</b><br>Gillian    |
| 15:45<br>-<br>16:45 | <b>NIDRA DER BEWUSSTE SCHLAF</b><br>Igor & Marc        | <b>LONG SLOW DEEP YOGA</b><br>Gillian           |  | <b>PILATES BARRE FUSION</b><br>Simone |

Änderungen vorbehalten