

RETURN T O LIFE



SCHOOL

NAMAHA

— BE RECEPTIVE TO YOUR OWN EXPANSION —

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# DIPLOMA

RETURN TO LIFE PILATES TEACHER TRAININGS SWITZERLAND  
SESSION 2017-2019

AWARDED TO

*Aleksandra Carvalho*



THAT HAS SUCCESSFULLY COMPLETED  
THIS PROFESSIONAL DEVELOPMENT AND PASSED ALL THE EXAMS

- Pilates Contrology Method on all Apparatus and Matwork •
- Human Movements & Fascial Oriented Approach •

640H



GENEVA, SWITZERLAND – DATE:

*octobre 2019*

CÉLYNA HWANG

Movement mentor, school founder and  
senior teacher, PMA and Pilates Suisse certified,  
Fascia Research Society member

HÉLÈNE BOURBEILLON

RTL teacher, trainer PMA  
and Pilates Suisse certified

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# CERTIFICAT

de participation

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## Aleksandra Carvalheiro

a participé à

FORMATION RETURN TO LIFE PILATES  
INTENSIVE HISTORICAL MATWORK & FASCIAL  
INTEGRATION (50 heures)

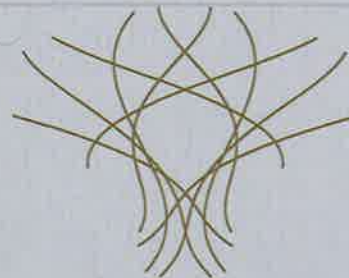
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1<sup>er</sup> au 7 juillet 2017

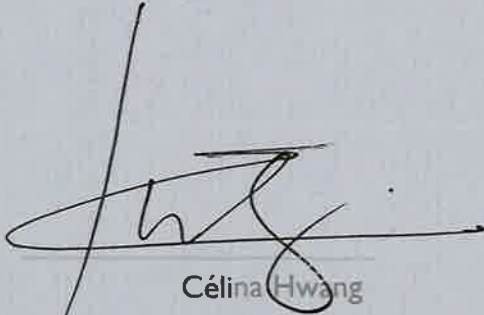
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Genève, 7 juillet 2017

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RETURN TO LIFE



Céline Hwang

Movement Teacher & Mentor

# CERTIFICAT

de participation

ALEXSANDRA CARVALHEIRO

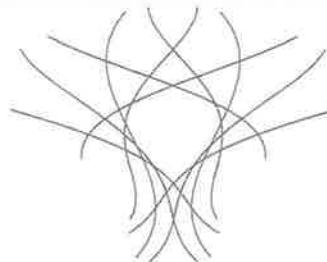
a participé à

aux ateliers RETURN TO LIFE

## **FREE & HAPPY BODY SERIE** 20 HEURES

- FREE SHOULDERS 26.11.2016
  - FREE PELVIS 10.12.2016
- FREE SPINE & TENSEGRITY 21.01.2017
  - FREE BREATH 04.02.2017
  - FREE FASCIA 01.04.2017

Genève, 25 mars 2017



RETURNTO LIFE

Céline Hwang  
Movement Teacher &  
Mentor

A large, fluid handwritten signature in black ink, written over the printed name and title.

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# CERTIFICAT

de participation

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## Alexandra Carvalhero

a participé à

FORMATION RETURN TO LIFE  
PILATES STUDIO & FASCIA LEVEL I  
50 HEURES

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MAI-SEPTEMBRE 2016

CELINA HWANG  
RETURN TO LIFE PILATES

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Genève, 30 septembre 2016



Céline Hwang  
Return to Life Pilates