

REaLEASE

Joachim Schultz

manual and movement bodywork

Zürich, den 26.03.2022

Certificate of attendance

Aleksandra Carneiro

Successfully attended the workshop

«The Reformer Laboratory»

Course dates: 25th and 16th March 2022

Credit hours: 11 hrs

Course contents:

- The Reformer exercises through the lens of fascia
- How to use the springs
- The foot corrector
- Basic rules of the reformer

Joachim Schultz

Pilates Educator / REaLEASE Fascia Pilates Education
AT Structural Integrator

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Joachim Schultz

manual and movement bodywork

Zürich, den 18.06.2022

Certificate of attendance

Aleksandra Carvalheiro

Successfully attended the workshop

«The Wunda Chair Laboratory»

Course date: 18th June 2022

Credit hours: 4 hrs

Course contents:

- The Wunda Chair exercises through the lense of fascia
- How to use the springs
- Basic rules of the Wunda Chair

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Zürich, den 27.11.2021

Certificate of attendance

Aleksandra Carvalheiro

Successfully attended the workshop

«Free the Male Pelvis»

Course duration: 4 hrs

Course contents:

- Exploring moving with male genitals, using props for female participants
- Free swinging and vibration of the pelvis
- The influence of expectations from men themselves, partners and society
- Using movement and awareness to address the topics mentioned above

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Zürich, den 26.11.2021

Certificate of attendance

Aleksandra Carvalheiro

Successfully attended the workshop

«Running in the Pilates studio»

Course duration: 4 hrs

Course contents:

- The feet in relation to running
- How to use fascial elasticity in running
- How to improve stride length, cadence and upper body use
- And relating the known exercises of the Pilates repertoire to the topics mentioned above

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