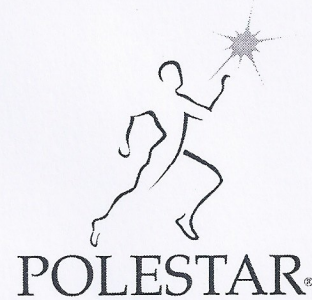


CONTINUING EDUCATION VALIDATION FORM



This is to verify that CLAUDIA BLASIMANN

has attended a Continuing Education Program by personal fitness herzig & latscha in the Studio Spirit, Basel/ Switzerland.

Workshop "Pilates goes Bikini!" (according to the guidelines of Polestar Education)

04-16-2011

Basel

Switzerland

DATE CITY, STATE

Arlette Herzig

INSTRUCTORS NAMES

This course consisted of 4 hours of getting to know and being able to teach a 5-week-program for summer-shaping: according to the guidelines of Polestar Education and Power Yoga Switzerland, the aim of the workshop was to learn and to teach shaping and muscle building exercises from a Pilates and Yoga repertoire for a healthy female population, who wants to workout core, arms and legs in a 5 week-group-program to get a firm and lean body. It is recommended to combine the 5 week program with cardiovascular work and an individual diet to reach the discussed goals within the 5-week-timeframe.


SIGNATURE OF CEU PROVIDER