

CONTINUING EDUCATION VALIDATION FORM

This is to verify that CLAUDIA BLASIMANN

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

Workshop "Pilates – myths and facts"

05-07-2011

Basel

Switzerland

DATE CITY, STATE

Markus Latscha / Arlette Herzig

INSTRUCTORS NAMES

This course consisted of 4 hours of theory and practice on common misconcepts and myths concerning Pilates training; according to the guidelines of the American College of Sports Medicine and the original Pilates method , the aim of the workshop was to deepen the participant's skills in understanding advanced exercise physiology in combination with the Pilates exercises and to replace misbeliefs and myths by science based knowledge.


SIGNATURE OF CEU PROVIDER