

PILATES CONFERENCE 2023

WORKSHOP-PLAN

	REFERENT/IN	KURS
ab 0:00:10	Stephanie Ludwig	Pilates & Slings
ab 0:59:33	Timur Misirlioglu	Pilates Dynamic
ab 1:59:58	Christiane Reiter	Meridian Stretch
ab 2:44:42	Christiane Reiter	Regeneratives Pilates
ab 3:43:04	Timur Misirlioglu	Pilates meets Functional Training
ab 4:39:56	Kerstin Bredehorn	Slow and Steady
ab 5:42:50	Sonja Ruprah	Vorstellung: tsar®