

CONTINUING EDUCATION VALIDATION FORM

This is to verify that Claudia Blahmann
has attended a Continuing Education Program by personal fitness herzig & latscha
in cooperation Pilates Polestar.

Workshop "Classical Mat"

1-15-2012

Basel

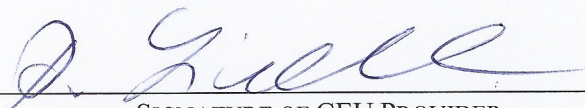
Switzerland

DATE CITY, STATE

Daniela Lindler

INSTRUCTORS NAMES

This course consisted of 7 hours of theory and practice on Joseph Pilates' classical serie of mat exercises; according to the "Return to life" textbook and elderly teachers, the aim of the workshop was to deepen the participant's skills in understanding the origin of the Pilates method, to discuss the focus of the original mat exercises and to feel the method working in their bodies.



SIGNATURE OF CEU PROVIDER