

BIOGRAPHY

Pilates qualifications

Studio equipment: 600hrs comprehensive teacher training, April Jones, Pilatesworks, CH
Matwork: Beginner - Advanced, Body Control Pilates, London, UK
Pre-Pilates Techniques: Deborah Lessen, USA
Archival Standing Exercises: Shari Berkowitz, USA
Pre- & Postnatal: Pilates Bodymotion, CH
Fascial Fitness Trainer: Dr. R. Schleip & D. Müller, by Blackroll®, D

Regular workshops with national & international teachers (e.g. Cara Reeser, Tom McCook, Michael Fritzke & Ton Voogt, Elisabeth Larkam, Maria Earle, Zachary Dacuk (Bodyworker, New York), Gary Carter (Anatomy of the foot))

BLS & AED = Heartsaver® CPR, certificate refreshed regularly

Teaching experience

2012 – 2013 Supervised teaching in various classes in London and Paris
2013 – 2014 Mat classes, Studio Pilates Ouest, St. Germain en Laye/Paris, F
2016 – 2018 Mat & Reformer classes, Pilates & Yoga studio raum29, Freienbach, CH
Since Mar. 18 Owner Pilates Sylvia Basten: Personal & group training in fully equipped studio, Fascial Fitness training

Languages

German, English, French, Dutch

Academic & work background

Economics (BA), University of Applied Sciences Munich, D
Tourism Management (MA/Dipl.), University of Applied Sciences Munich, D
Recruiting Coordinator, The Boston Consulting Group, Munich & Zurich

Intensive ballet training (Heinz-Bosl-Stiftung, Munich & Abraxas Art Atelier/ member of Abraxas Dance Company & soloist at Freies Landestheater Bayern)