



## Pilates Carnival Hamburg 2012 Presenter Information



### Juliana Afram - Power Pilates

Juliana has an extensive background in sports and fitness. She studied Fitness Management in Hamburg, Germany in 1999. In 2002 Juliana began working with Power Pilates in New York. She became the representative for Germany and established the first classical Training Center. Together with Sebastian Klöckner she owns Studio 1880 in Hamburg, where they successfully combine Classical Pilates, Physiotherapy and Osteopathy.



### Jasmina Berger

Jasmina started doing Pilates after suffering from her own back problems, and she felt the first time she did Pilates that this kind of movement really helped her. So she started to learn at Essence Pilates in Bremen. Later she trained with many teachers in Hamburg and Hannover, and qualified in Power Pilates, a concept by Barbara Raab. Jasmina has also studied facial training with Gunda Slomka, learning about myofascial release. In 2012 she opened her own studio where she now works with clients.



### Andrea Burkhardt

Andrea is the inventor of Staby and the io-Ball. Her experience in health and sport had a big influence in their development and training-concepts, which is one reason why they are so effective. She is a consultant at the famous Kneipp-school in Bad Worishofen, Germany, a qualified trainer for fitness, step and back-school, and aqua. and holds the certificate for MT-Therapy. She has been a Group-Fitness Instructor and Personal Trainer for 15 years., and owns the Vitalmed fitness and health centre in Bad Worishofen, Germany.



### Lilian Graça

Lilian Graça has worked since 1982 as a dancer, choreographer and teacher of modern dance in Brazil and Germany. She has worked with Pilates since her dance training at the "University of Bahia." After studying choreography at the "School of Dramatic Arts Ernst Busch", she trained in the Pilates studio "Atelier do Corpo" in Salvador and Polestar Education Germany. Since early 2001 she teaches Pilates in various dance and fitness studios in Berlin. Since September 2005, she runs her own Pilates studio and offers a variety of training in the Pilates Method.



### Chris Hunt

Chris has been involved in Pilates for over 18 years. He is the CEO of Pilates Rehab Limited, and Pilates Life Solutions and Sport Core Strength. He is responsible for creating different Pilates systems for sportsmen and woman, and for developing Pilates in new and innovative directions. Pilates Carnival was Chris' idea to improve training and bring the Pilates communities together. He is an International Presenter of Pilates and works with the examining bodies in the UK to devise new qualifications for Pilates teachers.



### Dania Irmeler

Dania is a former active gymnast with classical ballet training, and a licensed naturopathic doctor, studying creative homeopathy® with A. Pepler, Geburtsvorbereiterin (GfG). She is training for Dorn therapist at H.Koch and H. Steinhauser, and a Pilates instructor having trained at Polestar Pilates Europe. Dania is a member the Pilates Method Alliance, USA, A-licensed coach FISAF (Aerobics and Fitness), a speaker at national and international health/fitness congresses, a health trainer in Berlin/Munich/Auckland, and since 1996 the co-owner of Ars Movendi.



### Sebastian Klöckner

Sebastian is a certified massage therapist and physiotherapist, Osteopath - BAO, licensed DOSB sports physiotherapist and Power Pilates trainer. He opened his practise in 2006 using the Studio 1880 Pilates Centre. He is a former competitive swimmer and baseball league players in charge of the German National Baseball team, the first Men's handball team, and has worked in the fields of tennis, football, volleyball, skating, ice hockey, hockey, athletics and swimming. His experience in sport, hospitals, outpatient rehab centres, and private practices are complemented by his education and training in the fields of medical treatment methods.



### Roland Klövekorn

A naturopath and nutritional expert, Roland developed his EssSense concept, the uniqueness of which lies in the combination of the individual metabolic analysis with the latest in nutritional research. Roland uses this system to teach clients about how gradually changing their diet can result in permanent weight reduction and performance improvement.



### Anja Kursawe

Anja is the owner and director of PilatesLab in Berlin, Germany. She has worked for over 20 years in health an fitness. Anja is a personal trainer and a former stage dancer. She has extensive experience in Pilates, Yoga, Tango, and Shiatsu. Her philosophy is "deepening our body awareness and the benefits of the power of our mind is a journey that never ends. We have the chance to learn again to know new things, if we remain open to the Spirit".



## Karolina Libelt



Karolina has been associated with fitness for over 10 years, and she is an instructor, trainer and international fitness presenter. She owns the Karolina Libelt Pilates Studio in Gdansk and is Founder of the Baltic Academy of Pilates. For several years she has been the training manager for the regions of Pomerania, and a trainer and presenter in the Profi Fitness School, a school that educates fitness instructors in Poland and Ireland. As an instructor and trainer she works with Peak Pilates Poland. She is a former sport gymnast and Graduate at National Ballet School in Gdansk. She is Master Instructor of Pilates, Stretching and Functional Training. She is a specialist of Body & Mind forms.



## Christian Lutz

Christian is a Licensed Pilates instructor with the German Pilates Association. He works with groups and individuals on the mat and with apparatus, with healthy clients as well as in collaboration with physiotherapists in rehab. For several years he has worked as a trainer and presenter at conferences and he is the Training Manager for Pilates Body Motion and Training Director at Physiotherapy and Fitness Education.



## Sandra Machado

Sandra de Sousa Machado is Hamburg's undisputed leader in STOTT PILATES exercise. She received her training and certification in Canada and the United States of America. She combines over 12 years of teaching experience with her knowledge of Pilates, sport therapy, personal training and massage to ensure that all her clients experience the best in mind-body exercise.



## Agnieszka Ostasz

Agnieszka is a graduate of Physical Education in Krakow (tourism and recreation, with a specialization in psychosomatic rehabilitation). Writing a pioneering work in Poland on the Pilates method. Recreation instructor with a specialty facility, certified dancer, teacher and choreographer, ballet school graduate in Krakow. Her specialty in the field of fitness Pilates began in the United States where she first learnt and practiced it. Member of Michael King's Pilates Institute in London. The author of Estes methods. She is passionate about the human body, ways of exploring and shaping it, from the physical and mental perspective. Privately she is a warm person who appreciates any possibility of growth and improvement.



### Mareile Paley

Mareile Paley is a classically trained Pilates instructor, personal trainer and founder of Pilates Retreat Asia, bringing her love for Pilates, Yoga and a holistic approach to life all over the world. She has lead retreats and taught workshops internationally, including New York, Hong Kong, Bali, Istanbul and even Khorog, a small town in the remote mountains of Tajikistan. Based in Istanbul, Mareile continues to integrate her passions for travel, design and Pilates into her busy life as a wife, business owner and mother of two adorable boys.



### Bettina Preschoff

Bettina completed her professional dance training at the Ecole Supérieure de l'enseignement de la danse in Montpellier, France and the Centre National de Montpellier France Chorégraphique. This was followed by engagements in contemporary dance companies Nice and Bordeaux. She has a physiotherapy basic training, and an extensive additional study of various dance and physical training methods in New York. Bettina is a certified Pilates instructor, GYROKINESIS® Certified Instructor, Spiraldynamik Intermediate, participation 2-year training TanzMedizin and the owner of Pilates Studio Alsterdorf.



### Kerstin Reif

Kerstin is a Pilates master trainer, yoga teacher and trained sports and gymnastics teacher. She taught modern dance at the University of Hawaii and graduated with a Bachelors Degree in Psychology. In 1993, she first encountered yoga and Pilates on Maui, Hawaii. She took yoga lessons with Gary and Mirka Kraftsow and studied yoga in with Rodney Yee in Oakland, California. Kerstin completed her master Pilates training in San Francisco with Madeline Black at Physical Mind Institute. In 2000, she founded the Essence Pilates Studio, Bremen and in 2005 Essence Pilates Training Institute and she conducts worldwide Pilates and yoga seminars. Kerstin is on the board of the German Association and teaches Pilates in your Pilates & Yoga Studio in Bremen.



### Christiane Tittel

Christiane started her career as a professional dancer, specialising in many different types from classical ballet, jazz, tap, mime, Samba and modern dance. She discovered the Pilates Method and then began her Pilates career. She is now a Licensed Pilates instructor and she teaches Pilates in small groups and personal training. She gives workshops and training sessions, and she is a qualified Wellness coach.