



Teacher Workshops in English with Dalia

Designed to refresh your teaching and spark new ideas

27.09.2026: Soft Ball Reformer class ***Creative Challenge & Intelligent Instability***

A creative upgrade for familiar exercises! We combine the Soft Ball with classical and contemporary Reformer training to spark curiosity and sharpen precision. The ball becomes a "feedback partner," highlighting asymmetries and demanding smarter movement without overloading the body.

- Content: Moments of balance and "aha" connections for footwork, core, arm, and leg sequences.
- Take-away: New stimuli for experienced clients, intelligent instability training, and creative ideas for your teaching.

22.11.2026: Fascia Golden Balls ***Sensory Feedback & Alignment***

In this workshop, we deepen the understanding of fascial connections on the Reformer. The Golden Balls serve as valuable feedback tools: they enhance proprioception, refine alignment, and reveal movement patterns that often go unnoticed in a traditional setup.

- Content: Core integration, optimizing joint organization, and more efficient movement patterns.
- Take-away: Immediately applicable progressions and innovative tools for your group classes and personal training sessions.

Both teacher workshops can be credited towards the BGB.

Requirements:

- Certified Pilates Teacher

Price:

CHF 290.– per workshop (can be booked individually).

Registration or questions:

Via email at info@acmovement.ch or by phone at 044 558 24 54