



# Yoann Mougenot

## Teacher of Adapted Physical Activity (APA)

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### Work Experience

- since 2022 Teacher of Adapted Physical Activity (APA), Clinique Valmont, Glion sur Montreux, Switzerland
- 2018–2022 Teacher of Adapted Physical Activity (APA), 3PA Gym Seniors, Nancy, France
- 2017–2022 Teacher of Adapted Physical Activity (APA) at home, Yoann Mougenot Domicil'Gym, Nancy, France
- 2017–2018 Teacher of Adapted Physical Activity (APA), Saint Charles Hospital, Saint-Dié-des-Vosges, France

### Education

- 2020 Nutrition for sport and health, Sport Avenir Santé training, Visio conference
- 2019 Pilates Mat Fundamental, Evelyne Frugier Fit School, Marrakech, Maroc
- 2018 BLACKROLL Instructor, BLACKROLL AG, Toulouse, France
- 2018 Hypopressive level 1, Hypopressive Prevention Performance Restoration, Toulouse, France
- 2013–2016 Licence in Adapted Physical Activities and Health, UFR STAPS, Nancy, France

### Accreditation

[Clinique Valmont](#)

### Specialties

[Adapted physical activity](#)

[Alter G](#)

[Global reconditioning](#)

### Contact

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