SWISS MEDICAL NETWORK



Joëlle Munzinger

Pilates

Languages

FR,EN

Handouts Presentations

Certified in the Comprehensive Teacher Training Course (CTTC) of Body Arts and Science International (BASI) and the Australian Pilates Method Association (APMA), Joëlle enjoys bringing a new ease of movement to people of all ages and mobility, to help them enjoy their daily lives more fully.

Continuous practice of movement and sport in her life has made her truly aware of the virtues of the Pilates method, which she has been teaching for over 10 years. "The exercises can be found in all our daily gestures and activities, so I consider Pilates to be the 'underwear' of life!

Accreditation

Clinique Générale-Beaulieu

Specialties

Medikal.ch

Book an appointment