



Serena Pagano

Pilates, Barre and Dance Teacher

Languages

FR,IT

Handouts Presentations

Serena Pia Pagano is a Pilates, barre and dance teacher, with a professional background dedicated to movement, posture and body awareness. Initially trained as a professional dancer through a three-year academic course in Milan, she has developed, over the course of her career, a deep understanding of the body, its alignment, coordination and range of movement. She then specialised in teaching Pilates through STOTT PILATES® Matwork training, supplemented by several certifications from the ATS Institute, notably in Pilates Reformer – Basic and Intermediate levels – Pilates adapted for pregnancy and the postnatal period, and postural Pilates. These various training programmes enable her to tailor her teaching to a wide range of profiles, levels and needs, whilst maintaining a rigorous and personalised approach to movement.

Accreditation

[Clinique Générale-Beaulieu](#)

Specialties

[Pilates](#)

Contact

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