

SABINE BOTTERER



FITNESS UND YOGA



TRAINERIN FÜR DEEPWORK® / BODYWORK / PILATES / VINYASA POWER YOGA / YIN YOGA

Overview of Teacher Trainings and continuing Education

GROUP-FITNESS

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| 10_2018 | HIITup! High Intensity Intervall Training Euro Education, Freising |
| 09_2018 | Participation IFAA Fachkongress Festival & Summercamp IFAA, Schwetzingen |
| 12_2017 | Participation Xplosion 2.0 Fitness & Aerobic Convention MoveYa, Hamburg |
| 11_2017 | Participation "deepWORK® Instructor" IFHIAS Institut, Reinbek |
| 11_2017 | Participation Workshop "Animal Moves" Perform Sports, Munich |
| 05_2017 | Participation Workshop "Weight loss" Fitness First, Munich |
| 12_2016 | Participation Xplosion 1.0 Fitness & Aerobic Convention MoveYa, Hamburg |
| 09_2016 | Participation IFAA Fachkongress Festival & Summercamp IFAA, Schwetzingen |
| 09_2016 | Participation Workshop "BackFit" |



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| | Fitness First, Munich |
| 18_2016 | Participation "Flexibar® Update" Perform Sports, Unterhaching |
| 14_2016 | Participation IFAA Spring Convention IFAA, Schwetzingen |
| 02_2016 | Participation "deepWORK® Teaching Skills" IFHIAS Institut, Reinbek |
| 02_2015 | Participation "Functional Training Soft Tools" Workshop Perform Sports, Munich |
| 10_2014 | Participation DFAV Convention Erding DFAV Deutscher Fitness- und Aerobic-Verband |
| 10_2014 | Participation DFAV Convention Stuttgart DFAV Deutscher Fitness- und Aerobic-Verband |
| 08_2014 | Participation "Functional Training" Workshop Perform Sports, Munich |
| 07_2014 | Certification "Flexibar® Groupfitness Instructor" Perform Sports, Unterhaching |
| 06_2014 | Participation "deepWORK® Advanced" IFHIAS Institut, Reinbek |
| 05_2014 | Participation Gucker Kongress Gucker Kolleg, Kornwestheim |
| 11_2013 | Participation Specialized Seminar "XXL-class for a hyper-strong Back" DFAV Deutscher Fitness- und Aerobic-Verband |
| 09_2013 | Certification "deepWORK® Instructor" IFHIAS Institut, Reinbek |
| 08_2013 | Participation "marquardt running®" Workshop Perform Sports, Munich |
| 06_2013 | Participation Seminar "Core Training" More to Move on, Munich |
| 10_2012 | Participation Training Day More to Move on, Munich |
| 10_2012 | Participation DFAV Convention Erding DFAV Deutscher Fitness- und Aerobic-Verband |
| 04_2012 | Participation Seminar "Functional Training" More to Move on, Munich |
| 01_2010 | Certification "Specialized Trainer for spinal gymnastics and back training" DFAV Deutscher Fitness- und Aerobic-Verband |
| 08_2007 | Participation Specialized Seminar "Bodyshaping" DFAV Deutscher Fitness- und Aerobic-Verband |
| 10_2006 | Participation Specialized Seminar "Updates for the BBP class" |



DFAV Deutscher Fitness- und Aerobic-Verband

01_2006

Certification "Aerobics and Group Fitness Instructor"
DFAV Deutscher Fitness- und Aerobic-Verband



PILATES

- 10_2018 Participation Workshop Pilates Mat training "New Moves"
Pilates Academy, Munich
- 07_2018 Participation Workshop Pilates Mat training " Standing Pilates "
Pilates Academy, Munich
- 03_2018 Participation Workshop Pilates Mat training "On the miniball"
Pilates Academy, Munich
- 12_2017 Participation Workshop "Pilates für den Rücken"
More to Move on, Munich
- 04_2017 Participation Workshop Pilates Mat training "Standing Pilates"
Pilates Academy, Munich
- 03_2017 Participation Pilates Conference Bensheim
IFAA, Schwetzingen
- 02_2017 Participation Workshop Pilates Mat training "On the Fitball"
Pilates Academy, Munich
- 09_2016 Participation Workshop "Dynamic Pilates"
Fitness First, Munich
- 03_2016 Participation Workshop "Pilates Ideas"
Fitness First, Munich
- 03_2015 Participation Workshop Pilates Mat training "Pilates Circle"
Pilates Academy, Munich
- 09_2014 Participation Workshop Pilates Mat training "New Moves"
Pilates Academy, Munich
- 06_2013 Participation Pilates Convention Erding



Pure Emotion, Krefeld

11_2012

Participation Seminar "Pilates United"
More to Move on, Munich

01_2009

Certification Specialized license "Pilates Trainer"
DFAV Deutscher Fitness- und Aerobic-Verband



YOGA

- 10_2018 Certification Insight Yoga Teacher Training (500 h, AYA certified)
Sarah Powers, Insight Yoga Institute, USA
- 06_2017 Certification Yin Yoga Teacher Training 2 (100 h, AYA certified)
Paul and Suzee Grilley, LMB, Soquel, USA
- 10_2016 Certification 8-Week Online Yoga Teacher Training & Immersion
POWER YOGA™ by Bryan Kest, Santa Monica, California, USA
- 05_2016 Certification Yin Yoga Teacher Training 1 (100 h, AYA certified)
Paul and Suzee Grilley, LMB, Soquel, USA
- 04_2015 Certification Yin Yoga Teacher Training (30 h, AYA certified)
Jo Phee, yinspiration, Stuttgart
- 11_2014 Certification Yin/Insight Yoga Teacher Training (100 h, AYA certified)
Sarah Powers, Koh Samui, Thailand
- 12_2012 Certification Yoga Personal Trainer (300+ Programm, AYA certified)
Young Ho Kim / Jang Ho Kim, Inside Yoga Academy, Frankfurt/Main
- 09_2012 Participation Yoga Workshop with Lucia Schmidt
Vinyasa Power Yoga Akademie, Mainz
- 06_2012 Participation Yoga Workshop with Sarah Powers
Jivamukti Yoga, Berlin
- 06_2012 Participation Yoga Workshop with Dana Flynn
Spirit Yoga, Berlin
- 06_2012 Participation Yoga Workshop with Tara Judelle
Yogalounge, Munich
- 05_2012 Participation Yoga Workshop with Ana Forrest
Spirit Yoga, Berlin
- 04_2012 Certification Ashtanga Yoga Teacher Training (40 h)
David Swenson, Jivamukti Yoga Studio, Munich
- 06_2012 Certification Vinyasa Power Yoga (500 h, AYA certified)
Vinyasa Power Yoga Akademie, Mainz