

## PILATES MAT with household equipments



Pilates is a method of physical and mental conditioning for people of all ages and abilities, focusing on a heightened mind-body awareness, movement efficiency and intention, with the breath playing a crucial role. As opposed to developing some parts and neglecting others, Pilates seeks to train the bodymind as an integrated whole, toning the muscles to work together in an efficient manner.

Classes promote a balanced muscle development, strength, flexibility, an increased range of motion in the joints, stimulate circulation, and improve posture by means of a strong emphasis on the core and breath.

Topped off with a relaxation at the end.

This class is not recommended for complete beginners – some previous experience in Pilates or other somatic-/ movement practice is recommended.

Movement-friendly, comfortable clothing is recommended. Make sure you have a bit of room around you, and if possible, prepare a mat or blanket. We will be working with household items such as toilet paper, broomstick, belt, books etc. as tools – if possible, have these ready (alternatively, you can also use your imagination).

If available, connect a speaker to your device.

WHEN: TUESDAYS 5:30 PM CET  
THURSDAYS 10 AM CET/ BERLIN time via zoom.  
Drop-in is possible anytime  
Classes run til February. Further continuation tba.

Duration: 60 Minutes

Contribution: Please feel warmly invited at no cost if your situation is currently challenged!  
If your situation allows, a contribution is welcome.

Registration: Please register beforehand to secure your spot.  
You will receive a confirmation e-mail with the zoom link & password, as well as payment details.

[REGISTER HERE](#)

Contact: For further questions get in touch via [e-mail](#)



**Zoé Alibert** studied contemporary dance at Salzburg Experimental Academy of Dance (SEAD). An undergraduate study exchange led her to NYU Tisch School of the Arts, and a postgraduate scholarship enabled further studies in Berlin and New York. At the Hamburg University of Music and Theater she completed a Masters in Cultural and Media Management and obtained her Master's degree in Contemporary Dance Education (MA CoDE) at the Frankfurt University of Music and Performing Arts, where she researched and developed different teaching/facilitating formats. As a performer, choreographer, coach and production assistant she has been collaborating with various artists in a variety of formats and contexts. In teaching/ facilitating processes, her practice is invested in bodymind-presence, deepening connections, and states of creative flow, as well as processes of learning – in the interlacings of theory and practice, technique and improvisation. She loves sharing the joy of movement with people of all ages and levels, from hobby- to professional dancers.