

## Yoga, Pilates and Health Coach



### Lehrerinformationen

Name: Rocio Dos Santos Arenas  
 E-Mail: [info@activwellness.ch](mailto:info@activwellness.ch)  
 Name des Unternehmens: Activ Wellness  
 Telefon: +41 (76) 815-0185  
 Land: Schweiz  
 State/Region/Province: Vaud  
 Stadt: Lausanne  
 Adresse: Chemin Vallon de la Paudèze, 5  
 Über mich / Uns: My name is Rocio, born in Brasil, raised in between Spain and the U.K and a true world Nomad.  
 Have spent my years so far in Spain, Dubai and now I find myself immersed in the beauty of Switzerland, more specifically the Romandie area.  
 Health and Fitness have been a staple in my adult life. Founded ACTIV WELLNESS where I combine Health Coaching | Pilates and Yoga in order to bring changes to peoples lives.  
 Durchschnittliche Antwortzeit: 1 hour  
 Categories: Sport  
 Unterrichtssprache: Englisch, Spanisch  
 Website: <https://www.activwellness.ch>

### Anzeigendetails

## Kursinformationen

Kurstitel: Yoga, Pilates and Health Coach  
 Kurze Beschreibung: Pilates and Yoga Instructor  
 Holistic Health Coach  
 based in Vaud, Switzerland.  
 Beschreibung: With Activ Wellness you will be shown a new perspective within your Yoga & Pilates

practice. Classes are applied with an anatomical lens to equip you with a broader understanding of movement.

I'm a teacher with a twist.

Safe - Aware - Functional

Choose Pilates, Yoga and/or Health Coaching sessions to achieve your results.

My uniqueness is that I genuinely care for my clients, I help build a trust and collaborative relationship hence I am available by email or phone for any queries within our session times. Whether we do private sessions or group classes we shall aim to establish a bond that will greatly help the work we do.

Private yoga classes, daily health tips and much more.

Prenatal Pilates classes starting February 2021  
Hatha | Ashtanga | Hormonal Yoga Therapy  
Meditation & Pranayama  
Health Coaching ( meal planning, recipe bank, pantry makeover, coaching sessions, food intolerance and gut health expert)

Erstellt: 15.01.2021

## Kursdetails

Name des Lehrers: Activ

Nachname des Wellness

Lehrers:

Stufen: Anfänger, Mittel,  
Fortgeschritten

Wen unterrichten Sie?: Erwachsene

Wo unterrichten Sie?: Beim Lehrer, Beim  
Schüler, Online

Erfahrung: My motto is to never stop learning as I am a teacher and coach but forever practitioner, see below my many studies and certifications. Currently gaining my Prenatal



pilates certification which  
I shall be examined in  
February 2021.

#### CERTIFICATIONS AND STUDIES

RYT 200H Certified  
Yoga Teacher - Arogya  
School - Rishikesh, India

Health Coach degree from  
the Institute of Integrative  
Nutrition (IIN) - New  
York

Certified BASI Pilates  
Mat Instructor

NeuroAnatomy  
Certification + Pre/Post  
Natal Pilates by Body  
Hack UAE

Injuries and Working with  
Pain, The Mindful Body -  
Dubai

Anatomy and  
Biomechanics by Pilates  
Academy International  
(Pilates on Fifth),  
New York - Dubai

First Aid Certification  
Valid for two years  
09/2020 to 09/2022 -  
Health First CH

Train the Trainer - 2017 -  
Spearhead Training by  
Gulf LLC

## Preisgestaltung Details

Preis (60 min): 35.00 CHF  
Preis Beschreibung: Depending on the service and whether it is an individual session or a group one the prices vary.  
Preis für Gruppen (60 min): 25.00 CHF  
Preis Beschreibung für Gruppen: Depending on the service and whether it is an individual session or a group one the prices vary.

## Standort

Land: Schweiz  
Kanton: Vaud  
Stadt: Lausanne  
Postleitzahl: 1000  
Adresse: Chemin Vallon de la Paudèze, 5

## Zusätzliche Information

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