

Yoga, Pilates and Health Coach



Teacher Info

Name: Rocio Dos Santos Arenas
Email: info@activwellness.ch
Company: Activ Wellness
Name:
Phone: +41 (76) 815-0185
Country: Switzerland
State/Region/Province: Vaud
City: Lausanne
Address: Chemin Vallon de la Paudèze, 5
About me / us: 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.
Average response time: 1 hour
Categories: Sport
Languages of instruction: English, Spanish
Website: <https://www.activwellness.ch>

Listing details

Course Information

Course name: Yoga, Pilates and Health Coach
Short Description: Pilates and Yoga Instructor
 Holistic Health Coach
 based in Vaud, Switzerland.

Description: 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)

Posted: Jan 15, 2021

Course Details

Teacher's name: Activ
Teacher's Last Name: Wellness
Levels: Beginner, Intermediate, Advanced
Who do you teach?: Adults
Where do you teach?: Teacher's place, Student's place, Online
Experience: 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

Pricing Details

Price (60 min): 35.00 CHF

Price description: Depending on the service and whether it is an individual session or a group one the prices vary.

Price for Group (60 min): 25.00 CHF

Price for Group description: Depending on the service and whether it is an individual session or a group one the prices vary.

Location

Country: Switzerland
Canton: Vaud
City: Lausanne
ZIP code: 1000
Address: Chemin Vallon de la Paudèze, 5

Additional information

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