

PILATES BRASWEL
Barbara Handschin Nyfeler

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A selection of Pilates continuing education (CEC's) and certifications.

Barbara Handschin Nyfeler – NCPT certified Pilates instructor

(nationalpilatescertificationprogram.org); Zertifizierungsnummer: 11765

2009

«Preparation to Pilates»; Nora Gomez-Dears, Power Pilates, Boston USA, March.

«Tactile Cueing and Spotting»; Kathy Van Patten, Power Pilates, Boston USA, May.

«How to Format a Pilates Bootcamp», «Super Advanced Cadillac», «Intermediate Reformer with Variations»; Power Pilates 2009 NYC conference, NYC; Team Power Pilates NYC; July.

«Lolita shares: Beginning and Intermediate Reformer Exercises & Sequencing»; Lolita San Miguel, Pilates on Tour, Boston USA; July.

«How to format a Wunda Chair Class»; Nora Gomez-Dears, Power Pilates Boston USA, October.

«Spice up your mat class»; Nora Gomez-Dears, Power Pilates, Boston USA, October.

FAMI workshop «Functional Anatomy for Movement and Injuries»,

Mount Sinai Hospital NYC, Jeffrey Laitman, Carrie Mc Culloch and Matthew McCulloch, July.

2010

«Intermediate/ Advanced Refomer on the Mat»; Nora Gomez-Dears, Power Pilates, Boston USA, January.

«Osteoporosis Protocol»; Nora Gomez-Dears, Power Pilates, Boston USA, May.

«Reformer Jumpboard»; Nora Gomez-Dears, Power Pilates, Boston USA, Dec.

«Reformer on the Mat», «Art of Touch/ Cue», «All Barrel Review», «Ladder Barrel»; Power Pilates 2010 NYC conference, NYC, Team Power Pilates NYC, July.

«Biomechanical Principles of the Pilates Workout», Bob Liekens, Power Pilates, Boston USA.

«Super Advanced Reformer», Bob Liekens, Power Pilates Boston USA, November.

2012

«Archival Mat and Standing Exercises», Shari Berkowitz, Boston USA, December.

«Our Dynamic Pelvis», Irene Dowd and Steven Fetherhuff, Boston USA, March.

2013

«Formal Lecture Series IV»; Amy Taylor Alpers, The Pilates Center Boulder, Boston USA, January.

«Our adaptable Feet», Irene Dowd and Steven Fetherhuff, Boston USA, March.

2014

«Pilates Mat Boot Camp», «Spine Corrector & Barrel Workshop» and «Progressions & Variations on the Cadillac»; Clare Dunphy Hemani, Boston USA; Zug Switzerland, January.

«Freeing up your neck & Shoulders, A Pilates Movement Intensive»; Cara Reeser, Boulder; Zurich Switzerland, March.

2015

«Thoracolumbar Fascia: The second brain of movement»; Shari Berkowitz NYC; Zurich, Feb.

«Accessing your Psoas: Creating True Integrated Movement» and «Defy Gravity - The Intension of Suspension»; Amy Taylor Alpers, The Pilates Center Boulder; London UK, March.

2016

«The Neurofascia Body»; Karin Locher, Spatial Medicine, Zurich, August.

«Accessible Mat Work and Barrel Exploration» and «Kathy's cats and Special Props»; Blossom Leilani-Crawford, Bridge Pilates NYC, Fribourg, November.

2017

Pink Ribbon Program Certification, www.pinkribbonprogram.com, February.

Postpartum Corrective Exercise Physiologist Certification, January. www.coreexercisesolutions.com.

2018

«Archival Cadillac» and «Archival Reformer», Amy Taylor Alpers, London, June.

2019

«Unique Skills of the Archival Mats», «Get past the Rules», «Increasing Reformer Flow with Transitions and Tensegrity» Amy Taylor Alpers, Copenhagen, September

2020

«Rotated and Twisted Pelvises: It's simpler than you think», Shari Berkowitz, May

«Why can't I do this Exercise?», Shari Berkowitz, July

«The Cervical Powerhouse», Cara Reeser & Jeremy Laverdure, October

«Diastasis Recti and Pelvic Floor Dysfunction», Shari Berkowitz, Sept 2020, online course

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2021

«**Foot Workshop**», Kathy Ross Nash & Blossom Leilani Crawford, January, Online.

«**Treat yourself to a Pilates massage**», Amy Taylor Alpers, February 2021, online

«**Buff Bones Instructor Training**», October 2021, www.buff-bones.com; certified Buff Bones Instructor for Bone Health

«**FAMI Semester**», December 2021, Functional Anatomy for Movement and Injuries –
Semester course at Kinected NYC, online and hybrid course.

2022

«**Barrel Freestyle**» and «**Bridging Skills**»; Live Workshop with Jean-Claude Nelson, May, Zurich

2023

«**Archival Arm Springs**» / «**The Teaser Workshop**» /

«**Stretching: Increasing Range of Motion and Releasing Tight Muscles**»

Live Workshop with Shari Berkowitz in Zurich, Dec 2023

«**Training Strategies for the Hypermobile Body**»

Online workshop with Jill Zimmermann and Catherine Cowey, February 2023

2024

«**Defy Gravity**» / Online Workshop with Amy Taylor Alpers, September 2024

«**Pelvis Pro**» / Online Workshop with Sarah Duvall, December 2024
