

Daniela Brügger – meine Aus- und Weiterbildungen

2021

Diverse Webinare von art of motion, contemporary movement education:

- Eine andere Art der Kernkompetenz: Die Tiefe Frontallinie
- Thorakolumbalfaszie: Zentrale Drehscheibe mit körperweitem Einfluss
- Mehrdimensionale dynamische Stabilität: Innerer Zusammenhalt trainieren
- Myofaszialer Zugang zum Beckenboden: Adductor magnus
- Balance im Becken
- Gelöstheit im Zentrum
- Interozeptive Klanglandschaft: Feinabstimmung innerer Leichtigkeit
- Elastizität im Körper
- (Ausdrucks-)Starke Arme
- Lebendigkeit in Wirbelsäule & Organen
- Bewegen und bewegt sein: Mut zur sanften Selbstbestimmung
- Freie Bauchkraft durch genährten Rücken

2020

Slings Unterrichten

Slings Diploma – Slings Myofascial Training Practitioner

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2019

Slings in Motion III

Pilates Flow Advanced

Pilates & Kleingeräte

Pilates Body Reading & Bewegungsstrategien

Pilates Funktionell Choreografieren

Slings in Motion II

Slings in Motion I

Slings Essentials

Pilates Taktiles Instruieren

ZERTIFIKAT Pilates Reformer Essentials

Pilates Bewegte Rückbildung

Anatomy Trains in Motion

ZERTIFIKAT Pilates Essentials

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2018

Pilates Unterrichten I

Pilates Flow

Pilates Dos & Don'ts

Pilates Reformer Essentials

Pilates Essentials

Pilates Anatomie

Dipl. Power Yoga Kursleiter

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2017

Pilates Flow

Kleingruppentraining am Functional Tower

Kettlebell Anwender Level 1

Kettlebell Anwender Level 2

Be a better Personal Trainer

Powerband und Miniband

Freies Athletik Training

FunTone – Functional Toning Day

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2016

Dipl. Athletik Coach	s.a.f.s. swiss academy of fitness & sports
Dipl. Athletik Trainer	s.a.f.s. swiss academy of fitness & sports
Dipl. Functional Trainer	s.a.f.s. swiss academy of fitness & sports
Dipl. Cardio Trainer	s.a.f.s. swiss academy of fitness & sports
Dipl. Workout Trainer	s.a.f.s. swiss academy of fitness & sports

2015

Dipl. Ernährungskoach	s.a.f.s. swiss academy of fitness & sports
Anti-Burnout-Food	s.a.f.s. swiss academy of fitness & sports
Sportartengerechtes Training: Funktionelle Übungen	s.a.f.s. swiss academy of fitness & sports
Präventives und rehabilitatives Training für die Schultern	s.a.f.s. swiss academy of fitness & sports
AeroSling – funkt. Training mit dem eigenen Körpergewicht	s.a.f.s. swiss academy of fitness & sports
Pilates Day	s.a.f.s. swiss academy of fitness & sports
Toning Day	s.a.f.s. swiss academy of fitness & sports
Dipl. REHA Betreuer Extremitäten	s.a.f.s. swiss academy of fitness & sports
Dipl. Personal Trainer	s.a.f.s. swiss academy of fitness & sports
Pilates Arc,	personal fitness herzig & latscha
Dipl. Fitness Trainer	s.a.f.s. swiss academy of fitness & sports
FunTone Day	s.a.f.s. swiss academy of fitness & sports

2014

Dipl. Fitness Betreuer	s.a.f.s. swiss academy of fitness & sports
barre concept Ausbildung	,barre concept@'-Methode nach Sabine Albrecht
Sensomotorik mit BOSU- für Fitness Trainer (I.B.T. Diplom)	s.a.f.s. swiss academy of fitness & sports
Pilates Reformer ‚fat burning‘	Personal fitness herzig & latscha
Fascial Walk	Fascial Fitness, Bildungszentrum REHAstudy
FunTone Intensity	s.a.f.s. swiss academy of fitness & sports
FunTone Day	s.a.f.s. swiss academy of fitness & sports
Faszientraining Basiskurs	Fascial Fitness, Bildungszentrum REHAstudy

2013

Pilates Do's and Dont's	s.a.f.s. swiss academy of fitness & sports
3D Pilates: Pilates & Stretch Evolution	s.a.f.s. swiss academy of fitness & sports
Toning Workout-Best of Esther Albini	s.a.f.s. swiss academy of fitness & sports
Kursleiter Experte Pilates/FunTone	s.a.f.s. swiss academy of fitness & sports
Pilates I: Advanced Mat Class	s.a.f.s. swiss academy of fitness & sports
Toning II: FonTone, Training mit Widerstand	s.a.f.s. swiss academy of fitness & sports
Pilates mit Overball und Balance Pad	s.a.f.s. swiss academy of fitness & sports
FunTone-das Toning Update	s.a.f.s. swiss academy of fitness & sports
Toning Day	s.a.f.s. swiss academy of fitness & sports
Dance & Step Day	s.a.f.s. swiss academy of fitness & sports

2012

Dipl. Pilates Reformer Instruktor	s.a.f.s. swiss academy of fitness & sports
Golf Fitness Trainer	s.a.f.s. swiss academy of fitness & sports
Dipl. Pilates MAT CLASS Kursleiter	s.a.f.s. swiss academy of fitness & sports
Pilates auf dem Reformer	s.a.f.s. swiss academy of fitness & sports
Pilates Kleingeräte	s.a.f.s. swiss academy of fitness & sports
Zum Sixpack in 100 Tagen	s.a.f.s. swiss academy of fitness & sports

2011

Franklin Methode Kopfschmerzen Ade	BodyMindSpirit health concepts
Pilates - Oberes Powerhouse	BodyMindSpirit health concepts
Franklin Methode Organtraining	BodyMindSpirit health concepts
Pilates Flow Tonic	BodyMindSpirit health concepts

2009

Pilates Basic - Lehrgang

BodyMindSpirit health concepts

2008

Dipl. Beckenbodenkurseleiterin für Männer und Frauen

Beckenboden - der männliche Beckenboden
 Beckenboden-Basic 2 – für Männer und Frauen
 Beckenboden-Basic 1 – für Männer und Frauen

star-school for training and recreation
 star-school for training and recreation
 star-school for training and recreation

2007

body pump – les Mills Ausbildung
 Emergency Manager
 Nordic Walking Workshop
 Training und Stabilität

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 s.a.f.s. swiss academy of fitness & sports
 s.a.f.s. swiss academy of fitness & sports

2006

Coyot Ugly Workshop

Daniela Baumann dance academy

2003

Jin Shin Do–Akupressur Grundkurs

satyam Institut für ganzheitliche Körpertherapie

2002

Jin Shin-Do Akupressur Grundkurs

satyam Institut für ganzheitliche Körpertherapie

2001

Powerfood-Workshop

s.a.f.s. swiss academy of fitness & sports

2000

Dipl. Aerobic Instruktor

s.a.f.s. swiss academy of fitness & sports

1999

Dipl. Gymnastiklehrerin
 Walking-Wellness Seminar

danja Seminar in Zürich
 Karin Albrecht in Zürich