

Certificate

This is to certify that

Natascha Mair

date of birth: 6th February 1995

is awarded the

PILATES TRAINER LICENSE

after having successfully completed (duration: 139 units) our

officially accredited correspondence course

The exam has been passed in the form
of a written, oral and a practical demonstration of knowledge.


The following topics were taught and tested:

history of Pilates, Pilates principles, Pilates-specific anatomy, Pilates-specific structures,
contraindications, Pilates exercises, lesson creation, training and planning of training,
masterclass, Pilates in personal training

Distance learning course approved by:



Vienna, 02.06.2020



City, date, examiner



CEO OTL Akademie