

BIOGRAPHY

Pilates qualifications

Matwork:	Beginner - advanced, Body Control Pilates, London, UK
Reformer:	Beginner - advanced, Pilates Bodymotion, CH
Equipment:	Training with April Jones, Pilatesworks, CH
Pre- & Postnatal:	Pilates Bodymotion, CH
Fascial Fitness Trainer:	By Blackroll®, trained by Dr. R. Schleip & D. Müller, D

Regular workshops with national & international teachers (e.g. Cara Reeser, Elisabeth Larkam, Maria Earle, Zachary Dacuk (Bodyworker, New York), Gary Carter (Anatomy of the foot))

BLS & AED = Heartsaver® CPR, certificate refreshed regularly

Teaching experience

2012 - 2013	Supervised teaching in various classes in London and Paris
2013 - 2014	Mat classes, Studio Pilates Ouest, St. Germain en Laye/Paris, F
2016 - 2018	Mat & Reformer classes, Pilates & Yoga studio raum29, Freienbach, CH
Since Mar. 18	Owner Sylvia Basten Pilates, CH: personal & group training Mat, Equipment, Fascial Fitness

Languages

German, English, French, Dutch

Academic & work background

Economics (BA), University of Applied Sciences Munich, D
Tourism Management (MA/Dipl.), University of Applied Sciences Munich, D
Recruiting Coordinator, The Boston Consulting Group, Munich & Zurich

Intensive ballet training (Heinz-Bosl-Stiftung, Munich & Abraxas Art Atelier/ member of Abraxas Dance Company & soloist at Freies Landestheater Bayern)