
ANNA PERRUDIN



anna.perrudin@gmail.com



+41 79 325 25 99

GOAL

Cultivate body awareness, in harmony with its environment.

REFERENCES

Claude-Chantal Blanc

Head of Copilates

Véronique Perusset

Head of Hundred Pilates Studio

Janna Hawkins

POLESTAR instructor and head of Pilates Flow Studio

Veronica Butturini

Dance professor and co-director of Human Dance Company NZ.

LANGUAGES

French, english, german

EXPERIENCE

COPIlates 10.2019 – present

Pilates instructor on mat and apparatus for private lessons. *Saint-Sulpice, Switzerland*

VIVID PILATES 08.2019 – present

Pilates instructor on mat and apparatus for small groups. *Lausanne, Switzerland*

VIDYCLASS 01.2020 – 04.2020

Pilates instructor in collaboration with the health center VidySport. *Lausanne, Switzerland*

PILATES FLOW STUDIO 08.2018 – 04.2019

POLESTAR educator for private lessons and groups of 4, targeting rehabilitation and physiotherapeutic complementary treatment. *Wellington, New Zealand*

HUMAN DANCE COMPANY NZ 06.2018 – 04.2019

Contemporary dance facilitator, weekly classes for amateurs and professionals. *Wellington, NZ*

UNITY SPACE RESIDENCY 09.2017 – 11.2017

Creation of dance workshops, supervised by choreographer Vangelis Legakis. *Melbourne*

RYE ACADEMY OF PERFORMING ARTS & DANCE 02.2017 – 05.2017

Musical and dance education for young kids. *Rye, Australia*

LAKE STUDIOS BERLIN 02.2016 – 05.2016

Choreographic research supervised by Marcela Giesche. *Berlin, Germany*

CENTRE CULTUREL, ESPACE 1789 11.2014 – 12.2014

Choreographer internship for the performance *Les gens d'ici* by Thierry Thieû Niang. *Paris*

EPSM CAEN 11.2013 – 05.2014

Music therapist in day hospital, psychiatry. *Caen, France*

EDUCATION

POLESTAR PILATES 04.2018 – 09.2019

Pilates Studio Comprehensive Certification. Reformer, Cadillac, Combo Chair, Ladder, Barrel and Mat. Anatomy and biomechanic classes, introduction to touch, tactile cueing, communication and energy medicine.

CERTIFICATE OF BODY STUDIES 09.2014 – 06.2019

Université Paris 3, Sorbonne-Nouvelle. Movement anatomy analysis, introduction to Shiatsu and massage, choreographic writing workshop, contemporary dance and contact improvisation.

DANCE BACHELOR IN PERFORMING ARTS 09.2014 – 06.2016

Université Paris 8, Vincennes Saint-Denis. Somatic education, anatomy, history of dance.

MUSIC THERAPY UNIVERSITY DEGREE 09.2012 – 06.2014

Université Paul Valéry Montpellier. Psychiatry, neurobiology and music.



CONTINUING EDUCATION & TRAINING

SPINAL ASYMMETRY AND SCOLIOSIS ESSENTIALS 03.2021 – 04.2021

Pilates Therapeutics LLC. Pilates Method Movement Educators with Dr. Suzanne Clements Martin.

CHRONIC LOWER BACK PAIN 01.2021 – 03.2021

Polestar Pilates UK. With Juan Nieto.

FASCIA LAB 08.2020 – 10.2020

Formation Namaha. Studying myofascial lines from Thomas Myers through Joseph Pilates repertoire with Céline Hwang and James Earls.

MOVING THE HEART - MASTER CLASS 02.2021

Madeline Black Method.

SIMPLY SHOULDER - MASTER CLASS 01.2021

Madeline Black Method.

MOVEMENT, SYMMETRY, FASCIA - MASTER CLASS 03.2021

Madeline Black Method. With the participation of the anatomist Gill Hedley.

DYNAMIC ALIGNMENT SPECTRUM AND PRE-SPINAL MOVEMENT 04.2021

Axis Syllabus and Body Mind Centering – Intensive. Introduction to embryology and biomechanic.

