

PILATES VERBAND AUSTRIA EVENT - Salzburg 2026



Programm

Samstag, 21. November 2026

Zeit	Workshop
9:00 – 9:45	Matwork Morning Class
10:00 – 17:00	Workshop Principles of Movement
13:00 – 14:00	Mittag
19 Uhr	Gemeinsames Dinner Restaurant (Selbstzahler)

Programm

Sonntag, 22. November 2026

Zeit	Workshop
9:00 – 9:45	Matwork Morning Class
10:00 – 13:00	Workshop Designing the Perfect Group Class — The Art and Science of Collective Movement
13:00 – 14:00	Mittag
14:00 – 17:00	Workshop Alignment, Load, and Tempo — Tools for Facilitating Efficient Movement

Tanzzentrum SEAD – Salzburg Experimental Academy of Dance, Schallmooser Hauptstraße 48a, 5020 Salzburg