



October

- 19** **The Rules of the Bones**
Immersive Course
Virtual
- 20** **Dive Depper**
Coaching Session
Virtual

November

- 16** **Bridge the Gap III**
Mastermind
Virtual
- 26-28** **More Care & Appreciation**
Retreat with Debora Kolwey
In-person, Swiss Alps

December

- 14** **Meet My Mentors**
Mastermind
Virtual
- 15** **Re-Set & Envision**
Coaching Session
Virtual

January 2025

- 25** **Revive Your Body**
Immersive Course
Virtual
- 26** **Review & Strategize**
Coaching Session
Virtual

February 2025

- 01-02** **Exclusive Pilates Congress**
Seminar with Wendy LeBlanc
Hybrid: Villars, Switzerland
- 16** **Find Your Unique**
Coaching Session
Virtual

March 2025

- 02-06** **Journey Within**
Pilates Adventure Trip
In-person, Costa Rica
- 15** **Bridge the Gap IV**
Mastermind
Virtual

April 2025

- 12** **Empower Yourself**
Immersive Course
Virtual
- 13** **Optimize**
Coaching Session
Virtual

May 2025

- 24** **Bridge the Gap I**
Mastermind
Virtual
- 25** **Review & Strategize**
Coaching Session
Virtual

June 2025

- 21** **Pilates Pregnancy**
Immersive Course
Virtual
- 22** **Dive Deepe**
Coaching Session
Virtual

July 2025

- 19** **Restore Your Body**
Immersive Course
Virtual
- 20** **Create My Events**
Coaching Session
Virtual

August 2025

- 30** **Optimize Your Business**
Mastermind
Virtual
- 31** **Keys to Wealth**
Coaching Session
Virtual

September 2025

- 27** **Bridge the Gap II**
Mastermind
Virtual
- 28** **Dive Deepe**
Coaching Session
Virtual

 Mastermind

 Immersive Course

 Seminar / Retreat

 Coaching Session

 Pilates Adventure Trip

 Webinar Replay

 Prodigy M'Ship

 Pioneer M'Ship

 Visionary M'Ship