

STEFANIA MERONI

Pilates instructor & Yoga teacher

CONTACT DETAILS

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INTRODUCTION

Stefania Meroni, with a high school certificate in Languages and Photography, has studied for several years traditional and contemporary African Dance and Music from Malinke people and she got in contact with different disciplines like Yoga, Capoeira, Tanztheater and Performance art.

Later she decided to start a Yoga teacher course and a Pilates Instructor training program. She infuses her passion through her work, dedicating a lot of time to the study of anatomy and posture.

In the last years she has dedicated herself to develop and improve her own method "BeYOND Pilates", which includes the rhythm of dance, the functionality of Pilates and spirituality of Yoga.

She loves travelling and shaping herself according to the local culture.

Native Italian speaker, she fluently speaks English and she has a very good ability to adapt to different contexts.

EDUCATION, CERTIFICATIONS & WORK EXPERIENCE

1994 – 2000:

- She attends "F. Casnati" high school (Como) and she receives a diploma in foreign languages;
- She receives a diploma in Photography at Giuliana Traverso school;
- She works as assistant to Maurizio Galimberti (Polaroid Instant Artist);
- She lives in London for several years and she receives the First Certificate in English.

2000 – 2011

- She studies traditional Dances and Percussions with different teachers in Italy and Europe, including Katina Genero and Kofi Koko;
- She works as dance teacher and coordinator for "PON" projects, based on Yoga in schools for kids, and she creates theater performances;

- She started the Pilates instructor training program and she becomes Pilates instructor and Postural Educator (FEDERAZIONE ITALIANA FITNESS, approved by the EUROPEAN FITNESS ASSOCIATION), obtaining her diploma with Ester Albin and Luca Ruggeri;
- She specializes in Pilates Basic Matwork, Pilates Advanced Matwork, Pilates Props, Pilates One to One, Pilates for Injuries and Pathologies;
- She follows private training programs with teachers of “True PILATES”, perfecting the original method;
- She teaches Pilates classes in different gyms and private studios;
- She has seasonal works in big hotels, with a preference for those located in Mediterranean islands.

2011 – 2018

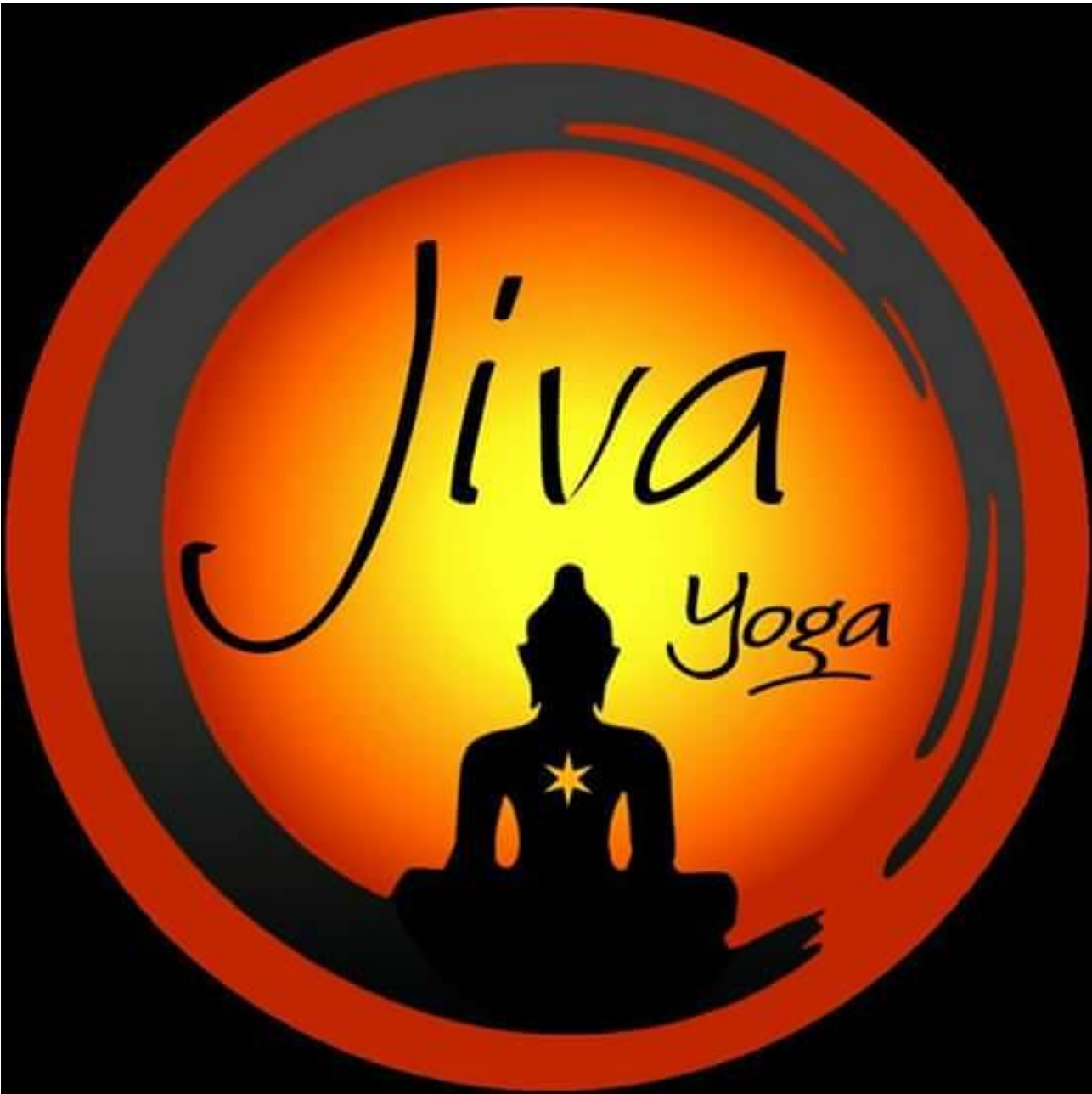
- She starts an academic course to become “Hatha Yoga Flow” teacher at Jiva Yoga A.S.D. (CSEN & YOGA ALLIANCE- RYT 500);
- She becomes collaborator and instructor at Jiva Yoga A.S.D.;
- She collaborates with important teachers for different projects and she becomes event organizer (www.jivayoga.it);
- She gives private Yoga and Pilates classes at home;
- She collaborates as Yoga and Pilates instructor with “Il Sereno Lago di Como” (Torno, Como) and “Casta Diva Resort & Spa” (Blevio, Como)
- She creates her own project “Mytemple” (photography and performance videos installation), which is a summary of her twenty-year life, Pilates and Yoga path (www.andreaallevi.com).

REFERENCES

Bettina Pfaff (Jiva Yoga A.S.D): +393382745302

Casta Diva Resort&Spa (Blevio, Como): +3903132511

Hotel Baia Turchese (Lampedusa): +390922970455











Photos by Andrea Allevi