

# MOVEMENT UNLIMITED

NEWSLETTER

HI I AM FELI...

**I AM A MULTIDISCIPLINARY ARTIST,  
TRAINER AND THERAPIST WHO IS  
STRONGLY INFLUENCED BY DANCE  
AND MOVEMENT IN GENERAL.**

Personal-Training  
Group-Training  
Wellness-Massage  
Dance-Therapy  
Therapy and Coaching  
Personal growth  
Stressmanagement  
Depression  
Performerin

**\*AUTUM SPECIAL**  
**(Online from 23€/h, Life from 50€/h)**



**"Going beyond my  
personal boundaries  
is what characterizes  
me and i want to  
encourage others to  
do the same"**

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- **Weekly Schedule**
- **Class descriptions**
  1. Deep Stretching
  2. Flexibility +Strength (ONLINE SPECIAL)
  3. Spicy HIIT
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  5. Pilates
  6. HIIT Pilates

My practice spans the world of dance, movement, social practice and spatial practice - unifying these worlds into one cohesive artistic and physical language.

**In 2019 I founded MOVEMENT UNLIMITED, a concept which connects all imaginable and non-imaginable possibilities of expression and research without any limitations.** As part of MOVEMENT UNLIMITED I started to research moving blindfolded in 2018 and later on got inspired to work with visually impaired and blind people.

Based on this research I created an own therapeutic movement method, a blindfolded movement meditation method, as well as performances and art installations.

**MOVEMENT UNLIMITED as an expression of one's own personality and a form of communication - where words are no longer needed.** Discovering the potential of oneself, crossing boundaries and strengthening awareness.

Learning new techniques, expanding one's possibilities physically and mentally while exploring and observing the body, oneself and others.

**Being a student and a teacher at the same time...**

SEPTEMBER - OCTOBER

# Weekly schedule.

## Monday

**! BOOK ME !**

- PERSONAL TRAINING
- COMPANY TRAINING
- WELLNESS-MASSAGE
- DANCE-THERAPY
- THERAPY
- COACHING

## Tuesday

### FLOWMOTION NEUKÖLLN:

13:00-17:00: Open Studio // Open Training

17:30-18:30: Pilates

"The Essential Mat Pilates Workout "

## Wednesday

### FLOWMOTION WEDDING

10:00-11:00 Contortion and Flexibility  
\* Back Bend

### HALE.NOW Friedrichshain

13:30-14:15 Spicy HIIT

### FLOWMOTION NEUKÖLLN

20:15-21:15 Deep Stretching  
\* Back Bend

## Thursday

### HALE.NOW Prenzlauer Berg

09:30-10:15 Female Strength

### HALE.NOW Kreuzberg

12:00-12:45 Pilates

"Awesome Obliques"

### HALE.NOW Friedrichshain

16:00-17:00 HIITStretch+Strengthening

## Friday

### FLOWMOTION WEDDING

08:45-09:45 Pilates

"Powerhouse Pilates"

10:00-11:00 Deep Stretching

\* Middle Split

15:00-16:00 HIIT Pilates

16:30-17:30 Deep Stretching

\* Front Split

## Saturday

## Sunday

### Notes:

**ALL COURSES ARE OPEN LEVEL**

### Weekly Challenge

Tabata 20//10\*8=4 Minutes  
Push-Ups (Wide and Close in exchange)

# Weekly schedule.

## Monday

**FULLY BOOKED**

## Tuesday

**FLOWMOTION NEUKÖLLN:**  
13:00-17:00: Open Studio //Open Training  
17:30-18:30: Pilates  
"Advance Your Practice"

## Wednesday

**HALE.NOW Friedrichshain**  
13:30-14:15 Spicy HIIT

**FLOWMOTION NEUKÖLLN**  
20:15-21:15 Deep Stretching  
\*Front Split

## Thursday

**HALE.NOW Friedrichshain**  
16:00-17:00 HIIT Stretch+Strengthening

**BOOK ME FOR PRIVATE SESSION!**  
• Personal Training, Incentives, Massage, Therapy,  
Coaching

## Friday

**FLOWMOTION WEDDING**  
08:45-09:45 Pilates  
"Strengthen and Stabilize"  
10:00-11:00 Deep Stretching  
\*Back Bend  
15:00-16:00 HIIT Pilates  
16:30-17:30 Deep Stretching  
\*Middle Split

## Saturday

## Sunday

**HALE.NOW Kreuzberg**  
16:30-17:30 Power Pilates

## Notes:

**ALL COURSES ARE OPEN LEVEL**

## Weekly Challenge

Tabata 20//10\*8=4 Minutes  
Oblique Crunches

# Weekly schedule.

## Monday

**! BOOK ME !**

- PERSONAL TRAINING
- COMPANY TRAINING
- WELLNESS-MASSAGE
- DANCE-THERAPY
- THERAPY
- COACHING

## Tuesday

**FLOWMOTION NEUKÖLLN:**  
13:00-17:00: Open Studio //Open Training  
17:30-18:30: Pilates  
"Fundamentals: Precision "

## Wednesday

**HALE.NOW Friedrichshain**  
13:30-14:15 Spicy HIIT

**FLOWMOTION NEUKÖLLN**  
20:15-21:15 Deep Stretching  
\*Middle Split

## Thursday

**HALE.NOW Friedrichshain**  
16:00-17:00 HIIT Stretch+Strengthening

**BOOK ME FOR PRIVATE SESSION!**  
• Personal Training, Incentives, Massage,  
Therapy, Coaching

## Friday

**FLOWMOTION WEDDING**  
08:45-09:45 Pilates  
"Pilates for Mobility"  
10:00-11:00 Deep Stretching  
\*Front Split  
15:00-16:00 HIIT Pilates  
16:30-17:30 Deep Stretching  
\*Back Bend

## Saturday

## Sunday

Notes:

**ALL COURSES ARE OPEN LEVEL**

Weekly Challenge

Tabata 20//10\*8=4 Minutes  
Breaker Burpees

# Weekly schedule.

Monday

**FULLY BOOKED**

Tuesday

**FLOWMOTION NEUKÖLLN:**  
13:00-17:00: Open Studio //Open Training  
17:30-18:30: Pilates  
"Mastering The Fundamentals"

Wednesday

**HALE.NOW Friedrichshain**  
13:30-14:15 Spicy HIIT

**FLOWMOTION NEUKÖLLN**  
20:15-21:15 Deep Stretching  
\*Back Bend

Thursday

**HALE.NOW Friedrichshain**  
16:00-17:00 HIIT Stretch+Strengthening

**BOOK ME FOR PRIVATE SESSION!**  
• Personal Training, Incentives, Massage, Therapy,  
Coaching

Friday

**FLOWMOTION WEDDING**  
08:45-09:45 Pilates  
"Pilates for Mobility"  
10:00-11:00 Deep Stretching  
\*Middle Split  
15:00-16:00 HIIT Pilates  
16:30-17:30 Deep Stretching  
\*Front Split

Saturday

Sunday

Notes:

**ALL COURSES ARE OPEN LEVEL**

Weekly Challenge

Tabata 20//10\*8=4 Minutes  
Squad to High Kick

# Weekly schedule.

Monday

ONLINE

17:00-17:45 Power Pilates  
18:15-19:15 Stretch and Strengthening

Tuesday

**ONLINE SESSIONS AVAILABLE  
!CHECK SPECIAL DISCOUNT!**

Wednesday

**ONLINE SESSIONS AVAILABLE  
!CHECK SPECIAL DISCOUNT!**

Thursday

ONLINE

17:00-17:45 Power Pilates  
18:15-19:15 Stretch and Strengthening

Friday

Saturday

Sunday

Notes:

**ALL COURSES ARE OPEN LEVEL**

Weekly Challenge

Standing Scale  
4\*8 Repetitions

# Weekly schedule.

Monday

## ONLINE

17:00-17:45 Power Pilates  
18:15-19:15 Stretch and Strengthening

Tuesday

## ONLINE SESSIONS AVAILABLE !AUTUM SPECIAL!

28€/h  
5 Sessions 125€  
10 Sessions 230€

Wednesday

## ONLINE SESSIONS AVAILABLE !AUTUM SPECIAL!

28€/h  
5 Sessions 125€  
10 Sessions 230€

Thursday

## ONLINE

17:00-17:45 Power Pilates  
18:15-19:15 Stretch and Strengthening

Friday

Saturday

Sunday

Notes:

**ALL COURSES ARE OPEN LEVEL**

Weekly Challenge

Balance Variation

## DEEP STRETCHING

This class is a 60 minutes deep stretch to increase flexibility. The class starts with simple mobility exercises combined with focus on breathing and body alignment to warm up and arrive in the moment. Before going into a stretch we are activating the focused muscles through small contraction. Slowly going into the final stretch by a variety of progressing positions. Holding every position for at least one minute, with the aim to stretch the muscle carefully and sustainably, without stressing the fasciae. The main emphasis in the class rotates weekly between middle split and front split and always closing with some back bend.

Wednesdays  
20:15-21:15 ECT  
FLOWMOTION NEUKÖLLN

Fridays  
10:00-11:00 ECT  
16:30-17:30 ECT  
FLOWMOTION WEDDING



Monday 28.10.+04.11.2024  
18:15-19:15 ECT  
ONLINE SPECIAL

Thursday 31.10.+ 07.11.2024  
18:15-19:15 ECT  
ONLINE SPECIAL



## FLEXIBILITY + STRENGTH

In this course you will learn how to increase your flexibility, while at the same time holding your stretches. The aim is to give you a deep understanding and awareness of dynamics, functionality and anatomy to build a strong and flexible body. I will introduce you to a variety of different stretch and strengthening exercises to increase flexibility and mobility while at the same time training the needed muscles to hold the stretches. From passive to active over to PNF (Proprioceptive neuromuscular facilitation) stretching, you will learn about different stretching techniques and how and when to use them.

We will work preferably with a resistance band as a prob, but you can always attend without and get alternatives.

8€/Class  
Full Package 25€

## SPICY HIIT

This full body HIIT is inspired by different movement styles such as fitness, martial arts, dance and general movement practices to build a strong physical foundation for functionality, coordination and high dynamics. Quick high-intense-intervals to push your limit and make you sweat! We are focusing on precise high-dynamics, growing stamina and building a strong body.

Wednesdays  
13:30-14:15 ECT  
HALE.NOW Friedrichshain





# HIIT STRETCH+ STRENGTHENING

This HIIT is a full body workout perfect for realigning during the lunch break.

Different cardio and strength-focused exercises designed for everyone to push their limits and finishing with a calm down full-body stretching. Repeating exercises in quick fire rounds creates a very effective training in a short amount of time. Strengthening exercises with weights and resistance bands build a strong physical foundation for functionality, coordination and dynamics. The focus is constantly on a clean passing through the movement, especially taking care about the alignment while at the same time doing the exercise as fast as possible to train the stamina. A perfect body and mind reset to keep on going recharged through your day.

Thursdays  
16:00-17:00 ECT  
HALE.NOW Friedrichshain



Tuesdays  
17:30-17:30 ECT  
FLOWMOTION NEUKÖLLN



# PILATES

No body is the same. Therefore this class is setting the focus on slow and intense exercise to keep precision and teach what to concentrate on.

Centering, breathing, control, concentration, precision and fluidity.

The classes are built on changing topics such as "Stability" or "Progression Flow" with possibilities for every level. The aim is to give an awareness of the deeper muscles and the importance of what it means to build space in the body to gain a correct posture. Key elements of the classes are listening, understanding, flow and precision. Increasing self-perception by understanding the own individuality of the body, self-observation, exact execution of the exercises and building strength and mobility at the same time. Pilates taught me to be patient and to focus on myself without comparing and competing, to look at the details and be precise. Furthermore, my body is not the same everyday. One day we are stronger, one day we feel tired, but we can use everything to keep on growing.

# HIIT PILATES

This HIIT Pilates class switches between high-intensity cardio and Pilates intervals. One thing for sure: you will sweat and your muscles will burn!

We will start the class by slowly going over the workout exercises of the day, which will at the same time warm up the body. We will go through alignment, breathing and precision of the exercises to provide a sustainable dynamic when we move to the high-intensity intervals.

We will finish with a relaxing cool-down and some stretching. This class is for all levels

Fridays  
17:30-17:30 ECT  
FLOWMOTION WEDDING

