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Swiss Italian-speaking Region:

- **Sabrina Tissot** - Espace Pilates, Rue du Chateau 1, 1814 La Tour-de-Peilz | sabrina@espace-pilates.ch
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GERMANY (16 Practitioners)

Germany has a concentrated ELDOA community primarily in **Berlin** (7 practitioners), with **Sarah King** serving as master educator at Authentic Body Control. Stuttgart also hosts multiple practitioners.

Level 4 Certified Trainers

Sarah King - Berlin (ELDOA Teacher Trainer)

Business: Authentic Body Control

Certification Level: Level 4 Certified ELDOA Trainer & Teacher Trainer

Years of Practice: Multiple years studying with Guy VOYER, DO

Biography: Classically trained acupuncturist (Master of Science), Classical Pilates instructor, **ELDOA**

Teacher Trainer for Guy Voyer's certification program. Student of Guy VOYER, DO in SOMA

Training & Therapy programs. ([Urban Sports Club](#)) ([Sched](#)) Founder of Authentic Body Control in Berlin.

([Pilatesberlin](#)) Teaches ELDOA Levels 1-3, Myofascial Stretching, and Segmental Strengthening.

([Pilatesberlin](#)) Completed most ELDOA training in USA, continues advanced studies including pelvic anatomy in Montreal. ([Urban Sports Club](#)) Featured in Urban Sports Club Berlin, establishing Berlin as German ELDOA hub.

Specializations: Acupuncture, classical Pilates, ELDOA instruction and teacher training, myofascial stretching, segmental strengthening, SOMA training

Contact:

- Studio: Boddinstr. 4, 12053 Berlin ([Pilatesberlin](#))
 - Email: info@sarahkingccm.com
 - Websites: pilatesberlin.com, authenticbodycontrol.com
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Amanda Diatta - Stuttgart

Business: Contrology Pilates Studio

Certification Level: Level 3 & Level 4 Certified ELDOA Trainer

Years of Practice: ELDOA since 2021 (4+ years), Pilates since 2009 (16+ years), 15+ years professional fitness

Biography: State-approved teacher for gymnastics & sports (Sportschule Glucker, Stuttgart). Completed Pilates training in 2009 with Davorka Kulenovic at "Pilates New York" studio in Stuttgart, learning