

**SEE
TECH
NICAL
PILATES**

WORKSHOPS

with Ilaria Cavagna

March 20-22, 2026

- Private Lessons
- Morning Mat
- Limited availability
- Mat, reformer, wunda, Pedi-Pole & 2X4


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SESTO SAN GIOVANNI



The missing Link



GB Fitness will be organizing “The missing link in Pilates” 2026: 2 days of workshops with international presenter Ilaria Cavagna which will be held c/o GB Fitness Sesto San Giovanni (Milano – Italy) on March 21-22, 2026.

Program:

Friday March 20th: private classes from 11am to 4:30pm (5 spots available – priority to workshop attendees). Privates: €180, Duet €150. Private Class Observation: €120

Saturday March 21st:

9am Morning Mat

10am - 1pm The Missing Link that Transforms the Mat

1pm – 2pm Lunch Break

2pm – 5pm Wunda Chair for Everyone

Sunday March 22nd:

9am Morning Mat

10am - 1pm Contact Points & Control on the Reformer

1pm – 2pm Lunch Break

2pm – 5pm The Gravity Line—from the Ground Up

Cost: 1 Day Workshop €385 / 2 Days Workshop €670

Limited Availability:

To book privates & duets email: info@gbfitness.it

To save your seat for the workshop wire transfer below and email info@gbfitness.it

IBAN IT59S0623020700000043990382

Transfer to: La Palestra di Via Puccini SSD

Ilaria Cavagna

Ilaria Cavagna is the founder of FEET-NESS™ – posture from the ground up, an educational platform exploring the role of the feet in whole-body organization and posture.

She holds a Bachelor's degree in Movement Science and completed her Pilates certification in New York City with Romana Kryzanowska. Her work is further shaped by advanced training in ELDOA™ and SOMA-TRAINING, bridging biomechanics, function, and movement quality.

Ilaria has been teaching on Pilates Anytime since 2021 and presents internationally for Balanced Body, PMA, IADMS, and COVATECH.

Based in New York City, she teaches worldwide, in person and online.

Workshops Description:

Day 1: Saturday

The missing link that transforms the Mat

This workshop will provide you with the missing link. You will learn how to accurately prepare the body for the Pilates Mat. You will explore targeted progressions that activate the right muscle chains, organize the trunk, and create true neuromuscular readiness. You will leave with a clear and actionable system that helps clients overcome plateau, move better, and access the mat repertoire with confidence and quality.

Wunda Chair for everyone

The Wunda chair isn't too advanced, but you need to make it accessible. Learn how to guide clients on the Wunda chair with smart progressions, transition exercises, and targeted variations that develop confidence, control, and strength in different planes of the body.

Less fear and more clarity will make the Wunda your favorite piece of equipment.

Day 2: Sunday

Points of contact and control on the Reformer

Every point of contact changes the exercise.

Hands, feet, pelvis, straps, box, and jump board directly influence biomechanics and coordination.

Improve positioning, direction of force, and execution to achieve greater integration, stability, and precision when working on the Reformer.

The line of gravity: from the ground up

Posture is built against gravity.

Through standing work with the wall, Pedi-Pole, and 2x4, improve balance, axial extension, and overall integration. A direct bridge between Pilates and functional movement in everyday life.