

Diletta Pinazzi
Movement Educator & Well-being Specialist

I am a movement educator with over 10 years of experience exploring the body as an integrated, adaptive system.

My work combines elements from somatic practices, functional training, and coordination-based methodologies, with a strong focus on awareness, efficiency, and adaptability. Rather than approaching movement as performance alone, I guide participants to understand how their body organizes itself in relation to gravity, space, and change.

I have been deeply influenced by interdisciplinary approaches that view the body through the lens of dynamic interaction—where physical, cognitive, and perceptual processes continuously inform one another.

This perspective allows me to design sessions that go beyond traditional fitness or relaxation formats, offering participants practical tools to improve focus, responsiveness, and energy management.

My teaching emphasizes clarity, simplicity, and direct experience. Through structured yet exploratory tasks, participants are invited to develop better coordination, reduce unnecessary tension, and enhance their ability to adapt in real time.

I work with individuals and groups with the intention of making complex processes accessible, helping people move with more efficiency, awareness, and ease—both physically and mentally.

Areas of Focus

- Well-being
- Performance
- Personal Development
- Coaching
- Creative Culture

Certificates & Insurance

- 250h Yoga Teacher Training (Yoga Alliance certified)
- Background in movement practices combining somatic work, coordination, and functional training
- Personal accident insurance (Italy)
- Professional Approach

I am passionate about creating experiences that help participants reconnect with their bodies, improve awareness, and develop practical tools for personal and team growth. I thrive in environments that value interactive, engaging, and exploratory approaches to movement and well-being.