



# Hi,

# I am Silvia!

Pilates teacher

[Scroll to get to know me](#)



## My story

*Il Pilates come una forma di ritorno a me stessa*

For as long as I can remember, sports have been essential in my life. From artistic gymnastics to climbing, movement was my way of expressing myself — part of my identity, something that brought me joy.

Until, one day during the pandemic, that joy turned into control. The monster of eating disorders turned exercising into an obligation, a means to reach an aesthetic ideal.

It was then that I discovered Pilates, at first just another way to “improve myself.” And yet, in those slow and precise movements, I found much more: a form of listening, presence, and care toward myself.

I learned to love myself again and feel at home in my body, but life eventually took over, and my priorities shifted to my career and my relationship.

I thought I had regained control, but it turned out to be only a temporary illusion. When that relationship ended, the image of myself I had built collapsed as well, revealing how far it was from who I truly felt I was. Anxiety took hold again.

Finally, in an attempt to rediscover myself, I returned to the mat. Pilates (along with journaling and therapy) taught me how to breathe, recentre, and believe in my strength again.

Lesson after lesson, it brought me back to myself and allowed me to get to know who I am more deeply.

Today, I want to teach Pilates in an accessible and human way, to share what it has given me: calm, presence, and determination. For me, Pilates isn't meant to change us — but to help us rediscover who we truly are.

## Pilates to me

My Pilates is for everyone: accessible, intuitive, and deeply transformative. Not to look a certain way, but to feel well.

### My vision



A space where people can reconnect with their confidence, energy, and inner balance through Pilates. An experience that begins on the mat and gently expands into every area of life — body, mind, and relationships.



### What I offer

This workshop blends precise, mindful movement with lightness and play. Each session becomes an invitation to pause, breathe, and explore yourself in new ways.

After class, optional prompts for journaling or quiet reflection help deepen the insights that emerge.

A moment of movement, sharing, and self-discovery — created to help you feel grounded, present, and renewed.

### In what I believe



**Authenticity**

**Connection**

**Balance**

**Joy**

## Breath: Reset, Reflect, Recharge

*Breath is our first gesture of life and the simplest form of awareness. Inhale and exhale—carrying every emotion, thought, or fear with it. Through mindful breathing, we can return to ourselves, even in the midst of stress.*



### Respiro

This workshop combines the principles of Pilates with journaling exercises to help participants:

- Increase body awareness and posture
- Manage stress and mental tension
- Connect thoughts and emotions through reflection
- Learn practical tools to reset throughout the workday

#### Focus Exercise Example – Breath Awareness:

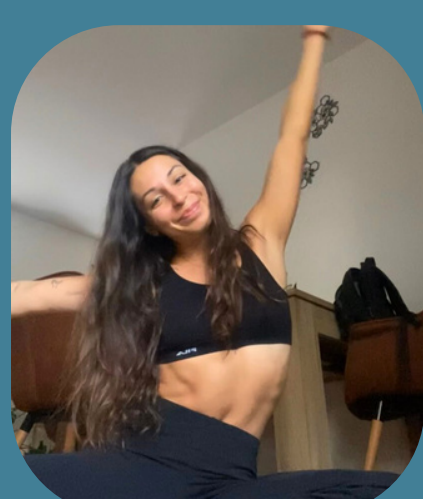
"Have you ever noticed your breath becomes short, as if there's no space for you? Together, we'll explore simple Pilates movements and journaling prompts to expand your awareness, release tension, and create mental clarity—even during the busiest workdays."

**Duration:** 60–75 minutes

**Format:** Hybrid of gentle movement, breathing exercises, and reflective journaling

**Corporate Benefit:** Equip employees with tools to manage stress, improve focus, and cultivate presence at work.

## Let's chat



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