



Argentinean-born Felicitas Carman is a 37-year veteran of the Fitness industry. She has a background in marathon training and dramatic arts, and a university degree from the University of Buenos Aires ( U.B.A.) and she is also a certified spinning instructor and a personal trainer. She began her Pilates education with Michael King from Pilates Institute, UK. and decided to focus on Pilates. She left her work at the Fitness center and went to California to study with Nancy Myers and Elizabeth Larkam and became a comprehensively trained instructor through Balanced Body© University in San Francisco. Additionally she has been certified through Lolita San Miguel and her Pilates Master Mentor Program in Germany, she has attended workshops and trained with Kathy Corey, Kyria Sabin, Brett Howard, Alan Herdman, Nora St John, Kevin Bowen, Jillian Hessel, PJ O'Clair, Rebekah Rotstein.

Today Felicitas is the owner of a Pilates Academy in northern Italy where she also teaches Pilates to injured young dancers, adolescents and senior. She travelled giving Pilates master lessons and workshops as an international presenter in Spanish, Italian and English.

Felicitas has participated in numerous workshops and workouts with Pilates celebrities: Elizabeth Larkam, Kathy Corey, Kyria Sabin, Brett Howard, Alan Herdman, Nora St John, Michael King, Kevin Bowen, Jillian Hessel, PJ O'Clair, Rebekah Rotstein, Mariska Breland.

After several years of training she received the Lolita San Miguel Pilates Master Instructor™ certification by studying and training directly with Lolita San Miguel both in Germany and Miami, USA. Felicitas was the first person to bring the Lolita's Legacy™ Pilates Teacher Training Program to Europe: from 2014 till 2017 Felicitas was successfully teaching the Lolita's Legacy™ to new teachers who wanted to become certified "Comprehensive Pilates instructor" while being part of Lolita San Miguel's legacy.

In 2018 she became a Neurological Conditions Pilates Specialist certified directly by Mariska Breland and in 2019 she obtained the prestigious international title of PINK RIBBON Breast Cancer Post rehab exercise specialist at the Mbodies Training Academy in England. In 2017 he obtained the Post-Rehabilitation Diploma and treatment of urinary, lumbopelvic, cervical and scapular dysfunctions. Glenohumeral by Heather King-Smith, Mbodies Training Academy©, Witney, U.K.

Nowadays she is dedicated to teaching continuing-education workshops for certified Pilates Teachers. She is constantly involved in further education around the world to build on the Pilates-based post rehabilitation technique and on chronic neuro-musculoskeletal disorders.

To describe this wonderful method – comments Felicitas – I just have to quote its creator, Joseph H. Pilates: I will not fix you, but if you want I will give you the tools to fix you (I will not solve your problems, but if you want I will give you the tools to solve them)

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