



Mobility & Strength in sync — through Pilates

RESTORATIVE PROGRAMMES

Individualised, progress-tracked exercise and movement plans, centred on guided sessions, designed to restore functional mobility, rebuild strength, and improve proprioception—supported by tailored lifestyle recommendations, for people experiencing:

- Chronic stiffness
- Joint and back pain
- Autoimmune and inflammatory conditions
- Poor posture and desk-related body tension
- Women rebuilding core & pelvic floor support

REBALANCE ----- € 800 / AED 3500

Foundational 10-week guided path for correction & relief
Includes 10 private training sessions and weekly consultations

EMBODIMENT ----- € 1700 / AED 7500

Fully supported 25-week path to sustainable patterns
Includes 25 private training sessions and weekly consultations




PILATES Mobility & Strength

by Ema Belfinger

PILATES MATWORK CERTIFIED

Book a free session
30' discovery consultation

 +971 58 55 793 26

 ema@movem.fit

 [movem.fit](https://www.movem.fit)


MOVÈM

