



## Sari Dewald

Bachelor of Physiotherapy

Manual Lymph Therapist

Master of Arts in Dance

PeterHess@Sound Massage Practitioner

Pilates Trainer

Mobile : (+34) 6395 66 246

[sari@body-dynamics.es](mailto:sari@body-dynamics.es)

[www.body-dynamics.es](http://www.body-dynamics.es)

## PROFESSIONAL EXPERIENCE

### Physiotherapy in Clinic

2023 -	Physiotherapy Consultation in <b>Atlantic Clinic</b> , Nueva Andalucía, Marbella, Spain
2019 - 22	Physiotherapy Consultation in <b>NH Clinic.</b> , Fuengirola, Málaga, Spain
2018 - 24	Physiotherapist in <b>immunological therapy team (onco physiotherapy)</b> in Marbella, Málaga Spain
2016 - 19	Physiotherapy Consultation in <b>MediVital Clinic S.L.</b> , Fuengirola, Málaga, Spain
2015 - 22	Physiotherapy Consultation in <b>Multimedia Steiner Clinic</b> , Marbella, Málaga, Spain
2014 - 16	Physiotherapy Consultation in <b>Centro Sanum</b> ; Centro Idea, Mijas, Málaga, Spain
2013 - 16	Physiotherapy Consultation in <b>Xanit, Fuengirola Clinic and Heal Yourself Centre</b> , Elviria, Málaga, Spain
2009 - 14	Physiotherapy Consultation in <b>Marbella Chiropractic Clinic</b> , San Pedro, Malaga, Spain
2008 - 09	Physiotherapists in <b>Gym O2 Centro Wellness</b> , Plaza del Mar, Marbella, Malaga, Spain
2005 - 07	Physiotherapy Consultation in <b>the Medical Centre Sofianova</b> , Helsinki, Finland

### Lecturer

2010 - 2020	<b>Pilates technique</b> , Sofia, Finnish Adult Education Center, Fuengirola, Spain
2009 - 10	<b>Pilates technique</b> , La Quinta / YHI Gym, Marbella, The floor repertoire
2008 - 09	<b>Pilates technique</b> , O2 Centro Wellness, Plaza del Mar, Marbella. The floor repertoire and the machines.
2007 - 08	<b>Physiotherapy in Respiratory Care</b> Helsinki Polytechnic Stadia, Health Care and Social Services, Physiotherapy Department <b>Pilates technique</b> Helsinki Polytechnic Stadia, Health Care and Social Services (Physiotherapy, Osteopathy and Midwife Department)
2003 - 07	<b>Body and Mind</b> , Helsinki Polytechnic Stadia, Cultural Department (Musicians and Singers)
2000 - 01	<b>Contemporary Dance for Gymnastics</b> , Helsinki
1996 - 01	<b>Contemporary Dance</b> , Vantaa Dance Institute
2000	<b>Jazz Dance for Skaters</b> , Ice Virtuosi, Espoo (Finland)
1997 - 02	<b>Warming up classes for Professional Dancers</b> Helsinki City Theatre, Hurjaruth Dance Theatre, Finnish Dance Union
1997 - 01	<b>Head of Movement and Dance</b> , Helsinki Theatre Academy TEAK, Musical Theatre Department
1997 - 00	<b>Contemporary Dance</b> , Private Dance School, Tanssivintti (Finland)
1996 - 00	<b>Jazz Dance</b> , Conservatory, Oulu (Finland)
1994 - 96	<b>Head of Movement and Dance</b> , Welsh College of Music and Drama, Cardiff (Wales)

1994	<b>Jazz Dance</b> , Continuing Education Department, Theatre Academy TEAK Helsinki
1992- 96	<b>Jazz and Contemporary Dance</b> , Helsinki University
1992- 94, -99	<b>Body and Mind, Jazz dance</b> , Sibelius Academy, Helsinki
1992	<b>Contemporary Dance</b> , Ballet Academy, Espoo
	<b>Pilates and Contemporary Dance</b> , Eerikkilä Sports Institute (Finland)
1991, 94	<b>Body Conditioning</b> , Theatre Academy TEAK, Helsinki

## Visiting Lecturer

2016- 19	<b>Body Mind- Intensive Courses (30 hours) in AALTO University and in Helsinki Open University</b>
2014 - 2016	<b>Physiotherapist in Boot Camp</b> Marbella, Spain
2007	<b>Breathing Coordination and Relaxation</b> , Continuing Education Department, Helsinki Conservatory
	<b>Pilates and Rehabilitation</b> for the Finnish National Team of Group Gymnastics
	<b>" How to apply the Pilates technique to the other forms of movement classes and weight training"</b> Helsinki University, Sports Instructors
2006 - 19	<b>Body Dynamics, Pilates Summer Intensive Courses</b> , Helsinki, Finland
2006	<b>Pilates and Body Conditioning Classes</b> for the Finnish National Ballet School
2005	<b>Intensive Pilates Course for Physiotherapists</b> Continuing Education Department, Helsinki, Finland Polytechnic Stadia
	<b>The Pilates Technique – The Tool for a Better Body Alignment</b> Helsinki University, Sports Instructors
	<b>Body and Mind</b> for Nursery Teachers, Helsinki, Finland
2005 - 07	<b>Get to know Pilates</b> , Helsinki, Finland. Polytechnic Stadia, Physiotherapy Department
1996	<b>Creative Dance for Children</b> , Stage Coach, Cardiff (Wales)
	<b>Movement Workshop for Singers</b> , British Association of Singers, London

## Private Pilates Training Groups

2005 - 07	Helsinki University Sibelius Academy, Helsinki Finnish National Bureau of Investigation (KRP) Physiotherapy and Rehabilitation Centre 'Olo Ok' Physiotherapy BodyDynamics groups Tennis Palace, Tapiola (Finland)
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## FORMAL EDUCATION

2001- 05	<b>Bachelor of Physiotherapy</b> , Helsinki Polytechnic Stadia, today known as Metropolia ( <a href="http://www.metropolia.fi">www.metropolia.fi</a> )
1987- 91	<b>Master of Arts in Dance</b> , Theatre Academy TEAK, Helsinki; International University of Utah, Modern Dance Department U.S.A.
1988 -	<b>Pilates Technique Studies</b> , Salt Lake City, New York and Helsinki

## Additional Professional Training

2024	<b>Peter Hess@Sound Massage Practitioner I-IV levels 13.1-29.11 2024 ,84h; Christine Heckel</b> , Fuengirola, Málaga, Spain
2022	<b>Dizziness - Benign positional vertigo 6.2.2022, Vesa Lehtola</b> , OMT Physiotherapist, Helsinki, Finland
2019	<b>Lower Limbs- Pain Management and Functional Physiotherapy 14.9-17.9.2019</b> Markku Paatelma PhD, OMT Physiotherapist, Fuengirola Spain.
2018	<b>Severe Pain is Challenge</b> , Jukka Pekka Kouri ORTON, Prof. Hannu Luomajoki OMT Physiotherapist, Helsinki Finland
2017	<b>Back Pain - from Clinical Reasoning to Therapy</b> , Markku Paatelma PhD, OMT Physiotherapist, Fuengirola Spain.

2016	<b>Nutrition</b> , Keho tasapainoon, Hanna Huttunen Dipl. Nutritional Therapist, Fuengirola, Spain.
2011	<b>Manual Lymphatic Drainage</b> (1 year) Arja Åström MLD Senior Lecturer, Fuengirola, Spain.
2007	<b>8<sup>th</sup> Physiatrist Summer School, Motor Control in Lower Back and Pelvic Pain.</b> Paul Hodges, Helsinki <b>Advanced Evaluation and Treatment of the Lumbar- Pelvis-Sacrum/Muscle Energy Technique.</b> Darren Higgins, Helsinki, Fysi ry <b>Anatomy of Breathing</b> , Blandine Calais-Germaine, Helsinki <b>Centenary Symposium of FILHA</b> , Helsinki
2006	<b>Clinical Application of Muscle Energy Technique to Cervical Spine, Thoracic Spine and Ribs.</b> Darren Higgins, Jane Donovan, Fysi ry, Helsinki, Finland <b>Clinical Application of Muscle Energy Technique to Lumbar-Pelvis-Sacrum.</b> Darren Higgins, Jane Donovan. Fysi ry, Helsinki, Finland
2005	<b>‘Medicine for Musicians’ Symposium</b> , Savonlinna (Finland) <b>Symptoms and Signs, Musculoskeletal System, Respiratory, Cardiac and Neurological Systems.</b> Helsinki Polytechnic Stadia, Dr. Jouko Heiskanen <b>Rheumatic Diseases</b> , Dr. Jouko Heiskanen, Helsinki <b>Physiobics</b> , Marianne Kyrklund, Helsinki <b>The UKK Health-Related Fitness Test</b> , Helsinki Polytechnic Stadia Tuija Ruismäki, Ulla Härkönen

## Membership in Professional Bodies

2008 -	Andalusia Association of Physiotherapist. Chartered Physiotherapist No. 3855
2006 - 09	Finnish Pilates Association
2005 -	Finnish Association of Physiotherapists, and Dance Health of Finland DHF
1991 - 09	Union of Finnish Dance Artists
2001	Shine Young Finn, Jazz Dance Competition
1997 - 05	Arctic Steps, Dance Competition, Oulu (Finland)
1998	Tamara Rasmussen Jazz Dance Competition, Hämeenlinna (Finland)
1995 - 96	Board of Welsh College of Music and Drama (Wales)