



**Sari Dewald**  
**Bachelor of Physiotherapy**  
**Manual Lymph Therapist**  
**Master of Arts in Dance**  
**Pilates Trainer**

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## **PROFESSIONAL EXPERIENCE**

### **Physiotherapy in Clinic**

- 2016- 19      Physiotherapy Consultation in **MediVital Clinic S.L.**, Fuengirola, Málaga, Spain
- 2015 -        Physiotherapy Consultation in **Multimedica Steiner Clinic**, Marbella, Málaga, Spain
- 2014 - 16     Physiotherapy Consultation in **Centro Sanum**; Centro Idea, Mijas, Málaga, Spain
- 2013 - 16     Physiotherapy Consultation in **Xanit, Fuengirola Clinic and Heal Yourself Centre**, Elviria, Málaga, Spain
- 2009 - 14     Physiotherapy Consultation in **Marbella Chiropractic Clinic**, San Pedro, Malaga, Spain
- 2008 - 09     Physiotherapists in **Gym O2 Centro Wellness**, Plaza del Mar, Marbella, Malaga, Spain
- 2005 - 07     Physiotherapy Consultation in **the Medical Centre Sofianova**, Helsinki, Finland

### **Lecturer**

- 2010 -        **Pilates technique**, Sofia, Finnish Adult Education Center, Fuengirola, Spain
- 2009 -10     **Pilates technique**, La Quinta / YHI Gym, Marbella, The floor repertoire
- 2008 - 09     **Pilates technique**, O2 Centro Wellness, Plaza del Mar, Marbella. The floor repertoire and the machines.
  
- 2007         **Physiotherapy in Respiratory Care**  
Helsinki Polytechnic Stadia, Health Care and Social Services, Physiotherapy Department  
**Pilates technique**  
Helsinki Polytechnic Stadia, Health Care and Social Services (Physiotherapy, Osteopathy and Midwife Department)
- 2003 - 07     **Body and Mind**, Helsinki Polytechnic Stadia, Cultural Department (Musicians and Singers )
- 2000 - 01     **Contemporary Dance for Gymnastics**, Helsinki
- 1996 - 01     **Contemporary Dance**, Vantaa Dance Institute
- 2000         **Jazz Dance for Skaters**, Ice Virtuosi, Espoo (Finland)
- 1997- 02     **Warming up classes for Professional Dancers**  
Helsinki City Theatre, Hurjaruth Dance Theatre, Finnish Dance Union
- 1997- 01     **Head of Movement and Dance**, Helsinki Theatre Academy TEAK, Musical Theatre Department
- 1997- 00     **Contemporary Dance**, Private Dance School, Tanssivintti (Finland)
- 1996- 00     **Jazz Dance**, Conservatory, Oulu (Finland)
- 1994 - 96     **Head of Movement and Dance**, Welsh College of Music and Drama, Cardiff (Wales)
- 1994         **Jazz Dance**, Continuing Education Department, Theatre Academy TEAK Helsinki
- 1992- 96     **Jazz and Contemporary Dance**, Helsinki University
- 1992- 94,-99 **Body and Mind, Jazz dance**, Sibelius Academy, Helsinki

- 1992            **Contemporary Dance**, Ballet Academy, Espoo  
**Pilates and Contemporary Dance**, Eerikkilä Sports Institute (Finland)
- 1991, 94        **Body Conditioning**, Theatre Academy TEAK, Helsinki

## Visiting Lecturer

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

## **FORMAL EDUCATION**

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

## Additional Professional Training

- 2018            **Severe Pain is Challenge**, Jukka Pekka Kouri ORTON, Prof. Hannu Luomajoki OMT Physiotherapist, Helsinki Finland
- 2017            **Back Pain - from Clinical Reasoning to Therapy**, Markku Paatelma PhD, OMT Physiotherapist, Fuengirola Spain.
- 2016            **Nutrition**, Keho tasapainoon, Hanna Huttunen Dipl. Nutritional Therapist, Fuengirola, Spain.
- 2011            **Manual Lymphatic Drainage** (1 year) Arja Åström MLD Senior Lecturer , Fuengirola, Spain.
- 2007            **8<sup>th</sup> Physiatrist Summer School, Motor Control in Lower Back and Pelvic Pain.**  
Paul Hodges, Helsinki  
**Advanced Evaluation and Treatment of the Lumbar- Pelvis-Sacrum/Muscle Energy Technique.**  
Darren Higgins, Helsinki, Fysi ry  
**Anatomy of Breathing**, Blandine Calais-Germaine, Helsinki  
**Centenary Symposium of FILHA**, Helsinki
- 2006            **Clinical Application of Muscle Energy Technique to Cervical Spine, Thoracic Spine and Ribs.**

Darren Higgins, Jane Donovan, Fysi ry, Helsinki, Finland

**Clinical Application of Muscle Energy Technique to Lumbar-Pelvis-Sacrum.**

Darren Higgins, Jane Donovan. Fysi ry, Helsinki, Finland

2005

**'Medicine for Musicians' Symposium**, Savonlinna (Finland)

**Symptoms and Signs, Musculoskeletal System, Respiratory, Cardiac and Neurological Systems.**

Helsinki Polytechnic Stadia, Dr. Jouko Heiskanen

**Rheumatic Diseases**, Dr. Jouko Heiskanen, Helsinki

**Physiobics**, Marianne Kyrklund, Helsinki

**The UKK Health-Related Fitness Test**, Helsinki Polytechnic Stadia Tuija Ruismäki, Ulla Härkönen

## **Membership in Professional Bodies**

2008 - Andalusia Association of Physiotherapist. Chartered Physiotherapist No. 3855

2006 - Finnish Pilates Association

2005 - Finnish Association of Physiotherapists, and Dance Health of Finland DHF

1991- 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)