

Balance Board

From now on you can train with Nanea on the Balance Board. No matter if you come for Pilates or Yoga – grab a board if you feel like it and off you go!



The unstable Balance Board opens up a whole new training dimension for you: The deep, stabilizing muscles are activated and trained even more intensively and thus ensure improved joint stability, more body tension and a more upright posture.

The training requires an intensive body control and concentration and leads to the fact that you are completely with yourself during the exercises and also remain it. Deep sensitivity and thus (fine-)motor skills are promoted, as the body must constantly react to the arbitrary movement of the board.

Training on the Balance Board is really fun, because exercises that you already master without any problems suddenly become a challenge! Training on the Balance Board is also perfect as a supplement to other sports where balance is required: cycling, skiing, snowboarding, SUP, surfing, etc.

Try it out! You'll be amazed how upright, stable and straightened from the inside out you leave the studio after your training.