Geneviève Nedder

Hello, I'm Genevieve and I've been teaching Pilates, meditation and wellness practices for the past 35 years. I'm a Certified Health Coach, Meditation Instructor, Ayurvedic Lifestyle Consultant and Pilates Master Teacher.

My mission is to help CEO and C-suite executives, owners, executive managers and employees reduce stress and improve the quality of their lives through simple science-based practices of movement, meditation and mind-body medicine.

Mind-Body Health & Lifestyle Medicine

I design my health and wellness offerings so that your teams can't wait to participate.
Select from 2-hour courses, half day, full day and weekend experiences.
All built with your company's needs in mind.

- Nervous System Regulation through the Biological Responses
- Introduction to Meditation & Mindfulness
- Reconnect to Joy through Meditation
- How to Sleep Better & Boost Energy
- Food as Medicine to Optimize Digestion
- 1:1 Coaching & Consulting

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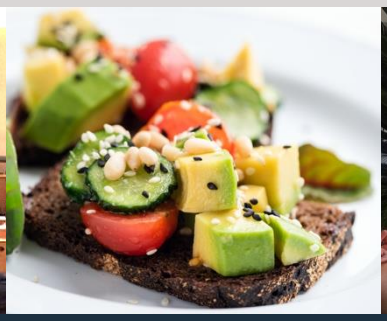

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Instagram @genevieve_nedder

PROFESSIONAL CERTIFICATIONS & CREDENTIALS

35 years as a Pilates teacher, mentor & studio founder / owner

Nationally Certified Pilates Teacher

Certified in Pilates Post-Rehabilitation

Certified Qualified Teacher of the Ron Fletcher Work™

Certified in Postural Correction, Movement Analysis & Gait Patterning

Chopra Global Health Coach

Certified Ayurvedic Lifestyle Consultant
Meditation & Mindfulness Teacher

Health & Wellness Workshops
Creator / Presenter

RECENT EVENTS

Achieving Restful Sleep & Meditation
Tucson, AZ

Food as Medicine: An Ayurvedic Perspective
Tucson, AZ

Introduction to Meditation & Mindfulness Training Course
Tubac, AZ

Higher States of Consciousness
Tucson, AZ

Reconnect to Joy through Meditation
Tucson, AZ

Brain Health & Meditation
Tucson, AZ

Emotional Freedom
Tucson, AZ

Meeting Our Fundamental Needs
Self Care 101
Tucson, AZ

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