

Code of Ethics – Avantgarde Pilates

At Avantgarde Pilates, people are at the center of everything we do. Each individual brings unique needs, physical conditions, and personal goals – which we meet with mindfulness, respect, and conscious guidance.

We support our clients on their journey toward greater strength, body awareness, and well-being. Our training combines the principles of the Pilates method with current insights from movement and health sciences, fostering a holistic approach to physical and mental development.

Ethical Principles

Our actions are guided by the following principles:

- **Autonomy:** We respect our clients' personal responsibility and encourage their active participation in the training process.
- **Non-maleficence:** We design our training with care, ensuring safety, appropriateness, and responsibility.
- **Client well-being:** The well-being of our clients guides our daily actions.
- **Respect and equality:** We create an environment in which all individuals are treated with appreciation, respect, and without discrimination.

Principles of Conduct

In our daily work, we are committed to the following standards:

- **Quality and professionalism:** We strive for excellence and continuously develop the quality of our training.
- **Reliability and integrity:** We communicate transparently and deliver what we promise.
- **Protection of privacy:** We handle personal data and individual boundaries with care and confidentiality.
- **Health promotion:** Our training contributes to the sustainable development of physical and mental health.
- **Awareness and empowerment:** We strengthen body awareness and support our clients in making conscious, healthy choices in their everyday lives.
- **Recognition of limits:** We respect the individual capabilities of our clients as well as the boundaries of our own expertise.
- **Scientific foundation:** Our thinking and actions are based on current knowledge in training and health sciences.

**Avantgarde Pilates stands for responsible, people-centered, and high-quality training.
Creating a space where individuals feel supported, empowered, and well is not only our goal – it is our commitment.**