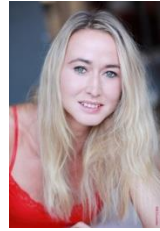




www.iris-sarg-coach.com

IRIS SARG

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I develop, organise and lead sport activities (**weight-training, posture improvement, body-mapping, breathing, cardio-vascular, muscular reinforcement, endurance, flexibility, balance, coordination and Strala Yoga**) for individuals + groups, adults + children, in a secure environment. I can include elements of **Soft Gym and Relaxation** in the training. I provide mental support and a taste for effort, a mental and a physical well-being. I help them achieve their sporting goals while exceeding their limits, which improves confidence.

COURSES TAUGHT

- Muscles reinforcement (with or without equipment)
- Cardio-dynamic muscle reinforcement (cardio-vascular, active recuperation) + circuit training
- Free Style: Step, Low Impact Aerobics (LIA)
- Les Mills: Body Balance, Body Pump, Body Combat and CX Worx
- Sophrology (relaxation) and Stretching
- Soft gym concepts: Pilates, Yoga, Tai Chi, Qi Gong, Back Gymnastics, Strala Yoga.

EMPLOYMENT

2009-2022: Personal Trainer & Sports Coach for different organisations in France including:

- **Reebok:** Ambassador for Strala Yoga and led sporting events (2015-16)
- **Club Med Gym Sports Club :** led all group activities, Strala Yoga and Les Mills Concept Courses: **CX Worx, Body Balance, Body Combat, Body Pump** (2007-17) + Personal Training
- **W Hotels International:** Mainly based at the **W Paris Opéra** - Strala Yoga (2015-16)
- **Le Cercle Foch:** an exclusive private members' club. Led different kinds of activities + Personal Training (2010-18)
- **Moving Club Group & Fitness Park Club Group:** relaxation expert (2013)
- **Véolia:** led different kinds of activities incl. Body Balance, Workout, Circuit-Training, Cardio-Training, Relaxation, Strala Yoga (2010-16)
- Various associations & private clubs e.g. **Charlety Stadium, Cercle de Paris** (2010-17)
- **Personal Trainer :** Personal Training at home, outdoor, online (2010-22)
- **Sismo Fitness:** demonstration shooting video, Coaching and responsible for customer service at the exhibition "**International Body Fitness**" (2009).

SPORTING EVENTS

2014-2018 I coach Strala Yoga courses for various events and partnerships including:

- *Models Event* with **Egeritour, Metropolitan Models Agency** and **Reebok Sports Club**
- *Unexpected Fitness* by **Reebok** and **Club Med Gym Sports Club**
- *La Parisienne* by **Reebok** and the **City Hall of Paris** at **Charlety Stadium**
- **Reebok's Brand Event** with Tara Stiles (creator of Strala Yoga) and the **CMG Sports Club**
- *Serendipity* by **Reebok**
- *The International Exhibition of Body Fitness* in Paris with **Reebok**

- *Strala Yoga Press Class* by **W Hotels Worldwide** Paris for journalists and bloggers
- *Les Dimanche Healthy* by **Tangerine Sport**
- *Femmes en Sport* by **Zippy Pass** and the **City Hall of Paris**
- **Adidas & Reebok** Seminar in Strasbourg (France)
- *Bellevilloise* by **Zippy Pass** and the **TV Sports' Channel MCS Bien-Etre.**

MEDIA COVERAGE

2013-2022 I have appeared in the media on numerous occasions as a leading sports expert talking on subjects such as Strala Yoga, working out, as the ambassador for Reebok and have proposed exercises in articles. Appearances include:

- Sports Coach in the TV Show *Teleshopping*, **Channel 1** (live broadcast – France National TV)
- *Body Balance* report for **Marie Claire Magazine** with Zippy Pass
- *C'est Au Programme* with host Sophie Davant and journalists Yves Lahiani and Christelle Ballestrero on **Channel 2** (report + live reporting for French National TV)
- Interview and article for **Zippy Pass, Capital, Vanity Fair Magazine, Pure Trend, Paris Capitale, Vivre Paris, Télé 7 Jours, Paulette Magazine, Stay Tuned For Food, MyFitnesssite, Bien etre et Paillettes, Nutreatif**
- English Interview for the *SFME magazine*, **WSP Global Group**
- Many articles in **Santé Magazine.**

EDUCATION

- *Trained + certified* in **Strala Yoga** by its inventor Tara Stiles (Yoga Instructor in New York and International Reebok's Ambassador). A new successful yoga concept
- *Certified* from the International Trainers Arnaud Clot Godard et Vanessa Vassallo in **Body Balance** Les Mills Concept (2013)
- **Nutrition training** with Julien Venesson (2013)
- *Training* and **First Aid Certificate** from Boulabiar Hédi (2013)
- *Training "Abdominals Without Risk"* with the inventor of this concept Blandine Calais Germain (2013)
- *Certified* in **Body Pump** Les Mills Concept with trainer Pierrick Limouzin (2012)
- *Certified* in **CX Works** Les Mills Concept with trainer Alexandre Verret (2011)
- *Certified* in **Body Balance** Les Mills Concept with Trainer Arnaud Clot-Godard. (2011)
- Certified in **Body Combat** Les Mills Concept by trainer Christophe Besse (2010)
- **BPJEPS AGFF Sport Diploma & Personal Training** at "UCPA" school in Paris, specialisation **Soft Gym** (Yoga, Pilates, Tai Chi, Qi Gong, Back Gymnastics, Sophrology, PNL and Relaxation (2007-09)
- *Certificate* of **First Aid Training** at AFPS (2007)
- *Diploma* in **Modern Literature** with theatre option, (1999-2000)
- Obtained **A-levels (high school diploma)** in STT Communications (1998).

OTHER SKILLS

- **Professional actress** with 12 years of *Actors Studio* (Paris) training with the famous coach *Jack Waltzer* and the "*Cours Florent*" (1998-2022)
- **IT:** Microsoft Office Suite
- **Languages:** French (native), English (fluent), Spanish (basic), Hebrew (learning).

INTERESTS

Theatre, cinema, literature, writing, reading, music, travelling, photography, dance, swimming, psychology and spirituality.