TOP STRETCHING

Anastasiia

ANASTASIIA MECHEVA

Certified Wellness & Pilates Instructor specialized in Reformer Pilates, Recovery, Mobility, Stretching, and Pre/Postnatal Training. Helping women improve flexibility, posture, strength, and overall well-being through guided movement and mindful training.

Education

Open European Academy of Economics & Politics, Mini MBI Diploma, Pilates instruction and mindful body practice, EpertX diploma and certificate.

Experience

6+ YEARS AS A WELLNESS INSTRUCTOR IN TURKEY, EXPERIENCE IN THE UAE IN SPORT ANIMATION, AND 13+ YEARS AS A DANCE TEACHER IN RUSSIA, UZBEKISTAN, BELGIUM, AND TURKEY. ALSO SERVED AS WELLNESS INSTRUCTOR AT RIXOS GULF HOTEL DOHA EXCLUSIVE SPORT CLUB (2026–2025).

Skills

Reformer Pilates, Recovery, Mobility, Stretching, Pre/Postnatal Training, Aqua Fitness, Fitness Trampoline, Kangoo Jump, Aqua Cycling, Pilates, Tabata, HIIT, Functional Training, Versatile Dancer.

