

ใจปลื้ม วงศ์เจริญ (ครูปลื้ม)

## **Jaiplume Wonjarern (Kru.Plume)**

### **Position**

Managing Director, Gaya Private Studio

Pilates Instructor

Piloxing Instructor

### **Education:**

- Business Administration , Mahidol University International College
- Certification of Certified Piloxing Instructor
- Certification of Certified Piloxing Barre, Singapore
- Certification of Certified Mat Pilates 1&2 Instructor , Balance Body Institution , USA
- Certification of Certified Reformer Instructor , Balance Body Institution, USA
- Certification of Certified Apparatus Instructor, Balance Body Institution,USA
- Certification of Certified ARC on The Reformer, Balance Body Institution,USA
- Certification of Training workshop in Ring around the world, Balance Body Institution
- Certification of Training workshop in Rolling for length, Rolling for strength Institution.
- Certification of Training workshop in Ball for length, Rolling for strength
- Certification Of Training workshop of Resist and Reform with Elastic Bands
- Certificate of Complete Ball Training, Fitness Innovations (Thailand) Co.,Ltd
- Certificate of Complete Sport Nutrition Fueling Performance, Fitness Innovations (Thailand) Co.,Ltd
- Certificate of TRX Suspension Training
- Certification of Kids Yoga Teacher Training of Rainbow Yoga , Singapore

### **ผลงานที่ผ่านมา**

- Guru ครูพิลาทิส รายการกายใจ ช่อง NOW26 (Feb'2015-Feb'2016)
- Training Workshop “Reborn Reme To Be a better me” in topic “รู้เท่าทันภัยร้ายใกล้ตัว ออฟฟิศซินโดรม ”บริษัท กรู่นฟอส (ประเทศไทย) จำกัด, June 2016

