

MEDIA KIT

CIARRA KINDL

Lagree Fitness Global Master Trainer

Head of Training Academy at Boostd, Zurich. Representing Lagree Middle East. She travels to studios across the Middle East and Europe to certify instructor teams on their own machines.

@movestrongwithciarra



BIO

Ciarra grew up in the Philippines as the shy kid who picked Scrabble over sport in PE. She didn't start training until her mid-30s, and that is the point she makes to every new coach: you don't have to be a born athlete to become strong.

Twenty years in luxury hospitality took her through eight countries. In 2016 she moved to Malaysia and fell for movement and the community around it. Mat Pilates came in 2019, then Reformer, and in 2021 her first Megaformer class in Dubai turned into a Lagree certification.

In 2024 she trained with Sebastien Lagree in Los Angeles and became a Master Trainer. In February 2026 she demonstrated her own evolution of the method for him and got his approval. She has logged more than 10,000 hours and led 50+ trainings in about a dozen cities.

Today she is Head of Training Academy at Boostd in Zurich and represents Lagree Middle East. She teaches in English, Filipino and a little German, with a reputation for precise alignment and big smiles.

CREDENTIALS

- Lagree Fitness Global Master Trainer (trained with Sebastien Lagree, Los Angeles, 2024)
- Head of Training Academy, Boostd Zurich
- Representing Lagree Middle East
- Leads Lagree L1 and L2 instructor certifications
- Lagree certified since 2021
- Pilates instructor: mat and Reformer (APPI and Balanced Body training)
- 10,000+ coaching hours and 50+ trainings delivered
- 20 years in luxury hospitality and event management

BY THE NUMBERS

10,000+

hours of practice

50+

trainings led

12

cities

8

countries called home