

*Your imagination becomes reality*

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# Ateliers Imagery

**Visualisation Workshops & Coaching Solutions**

Individuals - Companies - Seminars

Paris - London



# Foundations

Building on the powerful synergy of body and mind, we have reimagined traditional professional training solutions around a central focus: **VISUALISATION**.

We integrate **Core Energy Coaching™, Pilates, Meditation, Functional Imagery Training (FIT), and GYROTONIC®** to enhance your well-being and performance and unlock your full potential through a harmonious blend of physical and mental exercises.

The **multi-sensory experience** of Ateliers Imagery will stimulate all your resources, enhancing the effectiveness of our method and ensuring lasting results for each participant.

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*Marie and Nastasia weave together the threads of a vision where each individual can reach uncharted peaks of personal and professional fulfilment through self-work.*

**YOU WILL LEARN TO:**

**Master mental imagery** for goal achievement, akin to elite athletes

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Utilise the most **impactful coaching tools** to strengthen your mindset

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**Engage all senses** and connect to your body to create lasting results

# What is Imagery

Up until now, mental imagery has largely been reserved for elite athletes and public figures.

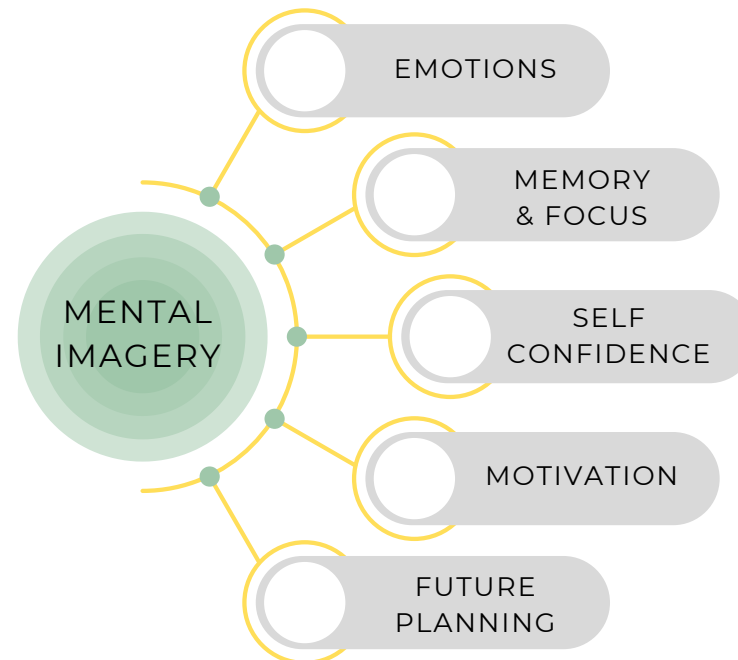
Our commitment is to change this narrative, empowering everyone to achieve alignment in performance and well-being through mastering mental imagery.

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**Ateliers Imagery**  
In-person / virtual  
1/2 day / full day / series  
Individual / group  
Physical / mental imagery

Imagery unlocks the mind's potential for enhancing **performance** and fostering **well-being**. Grounded in this principle, visualisation creates mental images of desired situations, while mental imagery engages the senses, providing a comprehensive experience.

Proven effective in sports, artistic performance, and mental health, this practice relies on strong neurological foundations that demonstrate the **mind doesn't always differentiate between real experiences and imagination**. The repetition of positive mental images strengthens neural connections, paving the way for goal achievement.



# Our Impact

Tailored to companies committed to innovative professional growth solutions, our Ateliers Imagery become an indispensable tool to unlock the full potential of your teams.

**Higher performing teams aligned to your VISION**

**Team members unlock their FULL POTENTIAL**

**Development of WELL-BEING & RESILIENCE**

# +30%

**Intrinsic motivation from  
mental imagery practice**  
*(Journal of Applied Sport Psychology)*

**Workshops and trainings  
are tailored to specific  
objectives:**

- Craft a cohesive corporate vision uniting everyone toward a shared objective
- Boost team's creativity, intuition and problem solving skills
- Enhance your 'gravitas' and leadership prowess
- Elevate both individual and team energy levels
- Align your mission with your core values

# Our Ateliers

# +23%

Mental resilience, from mental imagery & pilates practice

*(Journal of Positive Psychology & British Psychological Society)*

Mental imagery, embraced by public figures like **Novak Djokovic, Oprah Winfrey, and Serena Williams**, is a powerful tool for overcoming barriers. Its adoption in corporations, including **Apple, Google, and Nike**, is constantly on the rise.

Choose from our **group** and **individual** formats, with **physical** and/or **mental** imagery training:

## ATELIERS IMAGERY - GROUP IMPACT

(group sessions - tailored to your company's objectives)

### **Full Impact: Mental + Physical imagery training**

*Pilates, Gyrotonic®, Functional Imagery Training (FIT), Core Energy Coaching™, movement meditation*

### **Mind Impact: Mental Imagery & Self-Coaching training**

*Functional Imagery Training (FIT), Core Energy Coaching™, visualisation*

### **Body Impact: Physical Imagery training**

*Pilates, Gyrotonic®, movement meditation*

## 1:1 PROGRAMS - INDIVIDUAL IMPACT

(individual sessions)

### **Mind Impact: Mental Imagery & Self-Coaching individual sessions**

*Core Energy Coaching™, Functional Imagery Training (FIT), visualisation*

### **Body Impact: Private Pilates lessons**

*Pilates, Gyrotonic®, movement meditation (virtual if UK based)*

All our Ateliers can be conducted in either English or French

# Our Partners

While our Ateliers Imagery can certainly be held at your office, perhaps you're seeking that extra 'wow' factor, aiming to treat your team to an unforgettable and truly inspiring team-building adventure.

Ateliers Imagery collaborates with exceptional venues that resonate with our values. Situated in and around Paris\*, these venues promise to deliver a genuinely inspiring experience for you and your team:

Les Maisons de Campagne: Les Maisons de Campagne transforms your seminars into moments of creativity, sharing, even audacity, in an exceptional environment, on the outskirts of Paris, in the heart of nature.

The Oasis House: The Oasis House (OH) offers an experience that reinvents the art of the team stay, in beautiful, singular and authentic privatisable homes, for an unforgettable moment in a different, green, energising setting.

Le Barn: Le Barn is a unique place set in nature conducive to concentration and reflection. Located in the heart of the domain of Haras de la Cense, Le Barn's grounds are the ideal playground for team-building activities that will strengthen your teams' bonds.

Studio Rituel: Studio Rituel has been founded on the principle of enjoying, developing and experiencing our bodies, and to create an environment where others can do the same. A safe, healthy, happy and welcoming space to use for shorter Ateliers Imagery formats.

***New venues in the UK coming soon - [contact us](#) to find out more.***



**LE BARN**

THE  
**OASIS  
HOUSE**



# Marie Uhart

Founder of FUSE Coaching & Consulting



## Marie's expertise:

- Executive Coaching
- Core Energy Coaching™
- Functional Imagery Training (FIT)
- Mentoring
- Visualisation

# Our Team

**Marie's** passion for personal and professional growth flourished in fashion and tech, leading global marketing teams for nearly two decades. Dedicated years to recruiting and mentoring diverse teams ignited her passion for developing people and connections.

Certified as a professional coach in 2020, she expanded her expertise by integrating visualisation and mental imagery, striving to make these tools accessible to all.

In addition to individual coaching, Marie mentors aspiring leaders at prestigious institutions like Cambridge Judge Business School.

## Mind Impact by Marie:

- Mental Imagery, Visualisation & Self-Coaching training
- Career & transition 1:1 coaching
- Learn the most impactful growth mindset techniques to align your performance and your well-being
- Group and 1:1 sessions can be tailored to your objectives, including: team cohesion, boosting creativity for new product launches, optimising energy levels, developing leadership skills and gravitas, aligning with purpose and values, designing a vision, and managing emotions.



# Our Team

**Nastasia** practices Pilates on both mat and machines, Vinyasa and Ashtanga yoga, as well as GYROTONIC®, a method for muscle flexibility and neuro-muscular strengthening.

Her daily practice nourishes her body and provides a unique means of exploring not only her physical skills but also her mental and emotional capabilities.

After living 12 years in London, Nastasia moved back to Paris in 2020 to become a certified instructor. Since then, she has been teaching to a wide range of clients, from performers to people with disabilities, at the BASI Training Academy in Paris, in her own studio in Maisons-Laffitte, and in residence at inspiring locations.

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## Body Impact by Nastasia:

- Physical Imagery training (The Art of Cueing by BASI)
- Pilates and GYROTONIC® will help you gain stability and mobility/agility in both body and mind
- You will learn how to build a more balanced relationship between your mind and your body to feel more in-tune and aligned with what you think and who you truly are
- Objectives can be tailored to your clients' objectives

*"It is the Mind itself which builds the body" - Joseph Pilates*

## Nastasia Feniou

Founder of Pilates Therapie



## Nastasia's expertise:

- Pilates
- GYROTONIC®
- Vinyasa and Ashtanga yoga
- Movement meditation
- Visualisation

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L'ORÉAL

The Economist

PUBLICIS GROUPE

POPSUGAR.

Starcom





# Backed up by Science

## PROVEN BENEFITS OF VISUALISATION

### Enhancing intrinsic motivation

*Journal of Applied Sport Psychology*

**+30%**

### Enhancements in decision-making

*Study from Harvard University*

**+20%**

### Building resilience & overcoming challenges

*Journal of Positive Psychology*

**+25%**

### Expanding open-mindedness

*Study from Stanford University*

**+15%**

### Enhancing the sense of control over life

*Study conducted by Yale University*

**+18%**

## PROVEN BENEFITS OF PILATES

### Reducing symptoms of stress & anxiety\*

*Study from American College of Sports Medicine*

**-25%**

### Enhancing conscious decision-making

*Study conducted by the University of Cambridge*

**+17%**

### Increasing mental resilience

*Study from the British Psychological Society*

**+20%**

### Enhancing mental flexibility

*Journal of Bodywork & Movement Therapies*

**+18%**

### Boosting motivation & engagement\*\*

*International Journal of Sport Psychology*

**+22%**

*\*in comparison to other forms of exercise  
\*\*motivation in physical practice*

# Contact Us

## **Keen to learn more?**

We would be delighted to meet with you for an initial consultation to better understand your needs and create the Ateliers Imagery that suits you.

## **Looking to inspire your team with a captivating discussion on mental training and visualisation techniques?**

We frequently host talks within companies, sparking conversations about the innovative methods elite athletes utilise and how integrating these practices into your daily routine can elevate both your performance and well-being.

Let's have a chat!

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### **By phone:**

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UK : +44 (0)7 982189634

### **By e-mail:**

[ateliersimagery@gmail.com](mailto:ateliersimagery@gmail.com)

### **Website:**

[pilatestherapie.com](http://pilatestherapie.com)

[thefusemethod.com](http://thefusemethod.com)

### **Price of our services:**

On request and based on the format and type of activities.

Can you  
imagine your  
way to  
success?

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The  
**Ateliers  
Imagery**

# Testimonials

**VICTOR**



I've discovered incredible mental training techniques that allow me to practice sailing in my mind when I can't be on the water.

**CATHERINE**



I visualised so many colours, it was incredible. Emotions arose out of nowhere, and I was able to welcome them with openness.

**CHRISTINE**



My imagination took me further than I realised.

**JOANNA**



It's so fascinating, what a discovery! When are you coming back?

**JEREMIE**



A pause, a moment to focus on oneself and all that is good in life.

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