

BODY HARMONICS: 20 YEARS IN THE MAKING!

MOVE WELL
TEACH WELL
BE WELL

1998-2002

- Flagship Pilates & Movement™ Studio launches
- Partner with MS Society to offer neurological programming
- First Teacher Training Continuing Education workshops

2003-2006

- Comprehensive Pilates Teacher Training program launches
- First Teacher Training Affiliate Centre
- Midtown Studio opens

2007-2013

- Debut at the Toronto Yoga Conference
- New Midtown Studio and Health Clinic opens
- Shoptalk blog launches

2014-2015

- Teacher Training Specialist diploma programs created
- Postural Control video series launches
- Mondays with Margot starts
- Flagship Studio expands to include Health Clinic
- Brazil Teacher Training begins

2016-2018

- ELDOA classes begin
- Midtown Studio relocates and expands
- New interactive website launches with Online Shop featuring full-length workout videos and digital training manuals

