

## PLAN YOUR PILATES DIPLOMA TRAINING

Earn Body Harmonics Pilates Comprehensive teacher diploma and become a sought-after Pilates & Movement expert.

We have designed our Toronto schedule so all three levels of training can be completed within a 12-month period. This means streamlined learning, a clear path to completion, working with a cohort of students who will become your future professional network and the opportunity to apply for the Body Harmonics Apprenticeship program.

### WINTER-SPRING

#### Pilates Level 1: Mat

Module 1: February 22-24 (Fri-Sun, 1-7pm)  
Module 2: March 8-10 (Fri-Sun, 1-7pm)  
Module 3: March 22-24 (Fri-Sun, 1-7pm)  
Module 4: April 12-13 (Fri-Sat, 1-7pm)

#### Pilates Level 2: Reformer

Module 1: February 8-10 (Fri-Sun, 1:30-7:30pm)  
Module 2: March 8-10 (Fri-Sun, 1:30-7:30pm)  
Module 3: April 12-14 (Fri-Sun, 1:30-7:30pm)  
Module 4: May 10-12 (Fri-Sun, 1:30-7:30pm)

#### Pilates Level 3: CCSB

Module 1-4: May 28-June 7 (Tue-Fri, 1:30-8pm)

### SUMMER-FALL

#### Pilates Level 1: Mat Express

Module 1-4: July 3-13 (Wed-Sat, 1-7:30pm)

#### Pilates Level 2: Reformer Express

Module 1-4: July 22-31 (Mon-Sun, 1:30-8pm)

#### Pilates Level 3: CCSB

Module 1-4: October 29-Nov 8 (Tue-Fri, 1:30-8pm)

### FALL-WINTER

#### Pilates Level 1: Mat

Module 1: September 20-22 (Fri-Sun, 1-7pm)  
Module 2: October 4-6 (Fri-Sun, 1-7pm)  
Module 3: October 18-20 (Fri-Sun, 1-7pm)  
Module 4: November 1-2 (Fri-Sat, 1-7pm)

#### Pilates Level 2: Reformer

Module 1: September 20-22 (Fri-Sun, 1:30-7:30pm)  
Module 2: October 18-20 (Fri-Sun, 1:30-7:30pm)  
Module 3: November 22-24 (Fri-Sun, 1:30-7:30pm)  
Module 4: December 13-15 (Fri-Sun, 1:30-7:30pm)

#### Pilates Level 3: CCSB

Module 1-4: October 29-Nov 8 (Tue-Fri, 1:30-8pm)

#### Pilates Level 1: Mat Express

Module 1-4: December 3-13 (Tue-Fri, 1-7:30pm)

### WINTER/SPRING

#### January/February

- **Ultimate Mat: Repertoire Plus**  
Jan 18 (Fri, 1–7pm)
- **Ultimate Reformer: Repertoire + Jumpboard**  
Jan 19 (Sat, 1–7pm)
- **Mapping Your Muscles**  
Jan 26 (Sat, 1–7pm)
- **Anatomy in Motion**  
Feb 1 (Fri, 1–7pm)

#### February

- **Post-Rehab Protocols: Shoulder**  
Feb 1, 2 (Fri–Sat, 1–7pm)
- **Mind-Body Exercise for Men**  
Feb 21 (Thur, 5–8pm)
- **Towards a Healthy Pelvic Floor**  
Feb 22 (Fri, 4–8pm)
- **Movement and Exercise for Pregnancy**  
Feb 23 (Sat, 1–7pm)
- **Post-Natal and Abdominal Reconditioning**  
Feb 24 (Sun, 1–4pm)

#### March

- **Golf Mechanics and Protocols**  
Mar 1 (Fri 1–4pm)
- **Running Mechanics and Protocols**  
Mar 1 (Fri, 5–8pm)
- **Swimming Mechanics and Protocols**  
Mar 2 (Sat, 1–4pm)
- **Client Assessment Protocols**  
Mar 29, 30 (Fri–Sat, 1–7pm)
- **Core Integrity**  
Mar 22–24 (Fri–Sun, 1–7pm)

### SPRING/SUMMER

#### April

- **Cervical Spine Mechanics and Protocols**  
Apr 12 (Fri, 4–8pm)
- **Foot and Ankle: The Body's Spring System**  
Apr 13 (Sat, 1–7pm)
- **SI Joint: The Critical, Functional Link**  
Apr 27 (Sat, 1–7pm)
- **Unlock the Mighty and Mysterious Psoas**  
Apr 28 (Sun, 1–7pm)

#### May

- **Build a Strong and Supple Spine**  
May 3 (Fri, 5–8pm)
- **Power and Balance for Hip & Knee**  
May 4 (Sat, 1–4pm)
- **Simplifying the Shoulder Complex**  
May 4 (Sat, 5–8pm)
- **Myofascial Lines of Movement**  
May 10, 11 (Fri–Sat, 1–7pm)

#### May/June/July

- **Seniors on the Move**  
May 24 (Fri, 1–7pm)
- **Vertical Repertoire**  
Jun 1, 2 (Sat–Sun, 1–7pm)
- **Postural Analysis**  
Jun 8, 9 (Sat–Sun, 1–7pm)
- **Post-Rehab Protocols: Hip and Knee**  
Jul 12, 13 (Fri–Sat, 1–7pm)

### FALL/WINTER

#### September/October

- **Anatomy in Motion**  
Sep 14 (Sat, 1–7pm)
- **Hip Replacements**  
Sep 21 (Sat, 1–4pm)
- **Gait Analysis**  
Sep 27 (Fri, 1–7pm)
- **Post-Rehab Protocols: Spine**  
Oct 5, 6 (Sat–Sun, 1–7pm)
- **Core Integrity**  
Oct 18–20 (Fri–Sun, 1–7pm)

#### October/November

- **Arthritis: The Modern Epidemic**  
Oct 25 (Fri, 1–7pm)
- **Osteopenia and Osteoporosis**  
Oct 26 (Sat, 1–7pm)
- **Beyond Breast Cancer**  
Oct 27 (Sun, 1–7pm)
- **Advanced Postural Analysis**  
Nov 8, 9 (Fri–Sat, 1–7pm)
- **Handedness and Scoliosis**  
Nov 15 (Fri, 1–7pm)

#### November/December

- **Pre- & Post-Rehab Solutions for Knee Replacements and ACL Reconstruction**  
Nov 23 (Sat, 1–4pm)
- **Upper Cervical Spine**  
Nov 24 (Sun, 1–4pm)
- **Resistance Apparatus**  
Dec 7 (Sat, 1–7pm)
- **Balance Apparatus**  
Dec 8 (Sun, 1–7pm)