

## 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 to ensure 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 28–March 1, 2020, 1–7pm  
Module 2: March 13–15, 2020, 1–7pm  
Module 3: March 27–29, 2020, 1–7pm  
Module 4: April 4–5, 2020, 1–7pm

#### Pilates Level 2: Reformer

Module 1: February 7–9 (Fri–Sun, 1:30–7:30pm)  
Module 2: March 6–8 (Fri–Sun, 1:30–7:30pm)  
Module 3: April 3–5 (Fri–Sun, 1:30–7:30pm)  
Module 4: May 1–3 (Fri–Sun, 1:30–7:30pm)

#### Pilates Level 3: Cadillac Chair Springboard Barrels

Modules 1–4: May 26–June 5 (Tue–Fri, 1:30–8pm)

### SUMMER-FALL

#### Pilates Level 1: Mat Express

Anatomy in Motion and Modules 1–4:  
July 8–18 (Wed–Sat, 1–7:30pm)

#### Pilates Level 2: Reformer Express

Modules 1–4: July 21–31 (Tue–Fri, 1:30–8pm)

#### Pilates Level 3: Cadillac Chair Springboard Barrels

Modules 1–4: May 26–June 5 (Tue–Fri, 1:30–8pm)

### FALL-WINTER

#### Pilates Level 1: Mat

Module 1: September 18–20 (Fri–Sun, 1–7pm)  
Module 2: October 2–4 (Fri–Sun, 1–7pm)  
Module 3: October 16–18 (Fri–Sun, 1–7pm)  
Module 4: November 7–8 (Fri–Sat, 1–7pm)

#### Pilates Level 2: Reformer

Module 1: September 11–13 (Fri–Sun, 1:30–7:30pm)  
Module 2: October 2–4 (Fri–Sun, 1:30–7:30pm)  
Module 3: November 6–8 (Fri–Sun, 1:30–7:30pm)  
Module 4: December 4–6 (Fri–Sun, 1:30–7:30pm)

#### Pilates Level 3: Cadillac Chair Springboard Barrels

Modules 1–4: November 24–December 4 (Tue–Fri, 1:30–8pm)

#### Pilates Level 1: Mat Express

Anatomy in Motion and Modules 1–4:  
December 8–18 (Tue–Fri, 1–7:30pm)

### WINTER/SPRING

#### January

- **Ultimate Reformer: Repertoire + Jumpboard**  
Jan 17 (Fri, 1-7pm)
- **Ultimate Mat: Repertoire Plus**  
Jan 18 (Sat, 1-7pm)
- **Build a Strong and Supple Spine**  
Jan 24 (Fri, 5-8pm)
- **Power and Balance for Hip and Knee**  
Jan 25 (Sat, 1-4pm)
- **Simplifying the Shoulder Complex**  
Jan 25 (Sat, 5-8pm)
- **Breathing Mechanics and Protocols**  
Jan 31 (Fri, 1-7pm)

#### February/March

- **Mapping Your Muscles**  
Feb 1 (Sat, 1-7pm)
- **Anatomy in Motion**  
Feb 21 (Fri, 1-7pm)
- **Towards a Healthy Pelvic Floor**  
Feb 21 (Fri, 1-7pm)
- **Movement and Exercise for Pregnancy**  
Feb 22 (Sat, 1-7pm)
- **Post-Natal Reconditioning & Diastasis Recti Repair**  
Feb 23 (Sun, 1-7pm)
- **Mind-Body Exercise for Men**  
Mar 6 (Fri, 5-8pm)

#### March/April

- **Post-Rehab Protocols: Shoulder**  
Mar 7, 8 (Sat-Sun, 1-7pm)
- **Neurophysiology 101**  
Mar 27, 28 (Fri-Sat, 1-7pm)
- **Core Integrity**  
Mar 27, 28 (Fri-Sat, 1-7pm)
- NEW** **Essentials of Client Care**  
Apr 17, 18, 19 (Fri-Sun, 1-7pm)
- **Unlock the Mighty and Mysterious Psoas**  
Apr 24 (Fri, 1-7pm)
- **SI Joint: The Critical, Functional Link**  
Apr 25 (Sat, 1-7pm)

### SPRING/SUMMER

#### April/May/June

- **Foot and Ankle: The Body's Spring System**  
Apr 26 (Sun, 1-7pm)
- **Postural Analysis**  
May 8, 9 (Fri-Sat, 1-7pm)
- **Myofascial Lines of Movement**  
May 8, 9 (Fri-Sat, 1-7pm)
- **Post-Rehab Protocols: Hip and Knee**  
May 22, 23 (Fri-Sat, 1-7pm)
- **Gait Analysis**  
Jun 5 (Fri, 1-7pm)
- **Golf Mechanics and Protocols**  
Jun 13 (Sat, 1-4pm)

#### June/July

- **Running Mechanics and Protocols**  
Jun 13 (Sat, 5-8pm)
- **Swimming Mechanics and Protocols**  
Jun 14 (Sun, 1-4pm)
- **Vertical Repertoire**  
Jun 19, 20 (Fri-Sat, 1-7pm)
- **Client Assessment Protocols**  
Jun 26, 27 (Fri-Sat, 1-7pm)
- **Movement and Exercise for Inflammatory and Autoimmune Diseases**  
Jul 10 (Fri, 1-7pm)

#### July/August

- **Cervical Spine Mechanics and Protocols**  
Jul 17 (Fri, 4-8pm)
- **Build a Strong and Supple Spine**  
Aug 7 (Fri, 5-8pm)
- **Power and Balance for Hip and Knee**  
Aug 8 (Sat, 1-4pm)
- **Simplifying the Shoulder Complex**  
Aug 8 (Sat, 5-8pm)
- **Advanced Postural Analysis**  
Aug 8, 9 (Sat-Sun, 1-7pm)

### FALL/WINTER

#### September

- **Anatomy in Motion**  
Sep 18 (Fri, 1-7pm)
- **Pre- & Post-Rehab Solutions for Knee Replacements and ACL Reconstruction**  
Sep 19 (Sat, 1-4pm)
- **Hip Replacements**  
Sep 19 (Sat, 5-8pm)
- **Handedness and Scoliosis**  
Sep 26 (Sat, 1-7pm)

#### September/October/November

- **Arthritis: The Modern Epidemic**  
Sep 27 (Sun, 1-7pm)
- **Post-Rehab Protocols: Spine**  
Oct 16, 17 (Fri-Sat, 1-7pm)
- **Core Integrity**  
Oct 16, 17 (Fri-Sat, 1-7pm)
- **Upper Cervical Spine**  
Oct 23 (Fri, 5-8pm)
- **Beyond Breast Cancer**  
Oct 30 (Fri, 1-7pm)

#### November/December

- **Strength, Balance and Fall Prevention for Seniors**  
Nov 13 (Fri, 1-7pm)
- **Osteopenia, Osteoporosis and Orthopaedic Health**  
Nov 14 (Sat, 1-7pm)
- **Balance Apparatus**  
Nov 21 (Sat, 1-7pm)
- **Resistance Apparatus**  
Nov 22 (Sun, 1-7pm)
- NEW** **Essentials of Client Care**  
Dec 11, 12, 13 (Fri-Sun, 1-7pm)