

PLAN YOUR PILATES TRAINING

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

We have designed our 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.

Dip your foot into a new subject area or fine-tune your teaching skills with our Pilates & Movement Continuing Education courses that will inspire you to be the best teacher and mover you can be.

PILATES COMPREHENSIVE TRACK

Pilates Level 1: Mat & Level 2: Reformer

Module 1: January 10-12, 12-7pm
 Module 2: January 31-February 2, 12-7pm
 Module 3: February 21-23, 12-7pm
 Module 4: March 13-15, 12-7pm
 Module 5: April 3-5, 12-6pm

Pilates Level 3: Cadillac Chair Springboard Barrels

Module 1: October 2-4, 12-7pm
 Module 2: October 23-25, 12-7pm
 Module 3: November 13-15, 12-7pm
 Module 4: December 5-6, 12-7pm

CONTINUING EDUCATION COURSES

BEGINNER
 INTERMEDIATE
 ADVANCED

Anatomy in Motion
Jan 5 (Sun, 12-6pm)

The Mighty and Mysterious Psoas
May 15 (Fri, 12-6pm)

SI Joint: The Critical, Functional Link
May 16 (Sat, 12-6pm)

Functional and Structural Scoliosis
May 17 (Sun, 12-6pm)

Gait Analysis
Jun 12 (Fri, 12-6pm)

Client Assessment Protocols
Jun 13, 14 (Sat-Sun, 12-6pm)

Core integrity
Jul 11, 12 (Sat-Sun, 12-6pm)

Breathing Mechanics and Protocols
Aug 7 (Fri, 12-6pm)

Vertical Repertoire
Aug 8, 9 (Sat-Sun, 12-6pm)

Conscious Touch
Sep 18 (Fri, 2-5pm)

Balance Apparatus: Pilates Props with Purpose
Sep 19 (Sat, 12-6pm)

Resistance Apparatus: Pilates Props with Purpose
Sep 20 (Sun, 12-6pm)

Arthritis: The Modern Epidemic
Dec 18 (Fri, 12-6pm)

Strength, Balance and Fall Prevention for Seniors
Dec 19 (Sat, 12-6pm)

Hip Replacements
Dec 20 (Sun, 12-3pm)