

TEACHER TRAINING CALENDAR COLLINGWOOD 2020

Therapeutic Pilates 69 First Street, Unit A, Collingwood, ON L9Y 1A2

Pilates Teacher Training

Jumpstart your Pilates Teacher career

Pilates Level 1: Mat

This program gives you the solid theoretical framework and the skills to begin teaching Pilates mat exercises and classes safely and effectively to healthy populations in a variety of settings. It lays the ground work for the entire Body Harmonics Pilates Comprehensive Track.

Module 1: Apr 24–26, 10am–4pm

Module 2: May 1–3, 10am–4pm

Module 3: May 22–24, 10am–4pm

Module 4: Jun 6–7, 10am–4pm

Tuition: \$2,278 + Exams: \$260 + Materials: \$220

Flexible 3-month payment plan is available. Email teachertraining@bodyharmonics.com.

“Fabulous program!
A wealth of info put into practice.”
— Diane

Register **TODAY**
to save your spot

[bodyharmonics.com/training/schedule/
teachertraining@bodyharmonics.com](https://bodyharmonics.com/training/schedule/teachertraining@bodyharmonics.com)

Note: All prices are subject to HST.

Continuing Education

Enhance your knowledge and skills

Anatomy in Motion

(Pre-requisite for Pilates Level 1: Mat)

Sat, Apr 18 | 10am–4pm | CECs: 6 | Fee: \$275

Cervical Spine Mechanics and Protocols

Fri, Aug 14 | 5–9pm | CECs: 4 | Fee: \$185

Strength, Balance and Fall Prevention for Seniors

Sat, Aug 15 | 10am–4pm | CECs: 6 | Fee: \$275

Resistance Apparatus

Sat, Sep 12 | 10am–4pm | CECs: 6 | Fee: \$275

Manuals: \$95

Balance Apparatus

Sun, Sep 13 | 10am–4pm | CECs: 6 | Fee: \$275

Manuals: \$95

Vertical Repertoire

Sat–Sun, Nov 28–29 | 10am–4pm | CECs: 12 | Fee: \$550

“I absolutely love your courses, perspective on movement and how you integrate your knowledge for such functional movement.”
— Danielle

Learn more at bodyharmonics.com/training