

TEACHER TRAINING CALENDAR SAULT STE. MARIE 2020

Jade Wellness Studio 677 Queen St. East, Sault Ste. Marie, ON P6A 2A6

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 3–5, 1–7pm

Module 2: Apr 17–19, 1–7pm

Module 3: May 1–3, 1–7pm

Module 4: May 9–10, 1–7pm

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

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

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, Mar 28 | 1–7pm | CECs: 6 | Fee: \$275

Balance Apparatus

Sat, Jun 20 | 9am–3pm | CECs: 6 | Fee: \$275

Manuals: \$95

Resistance Apparatus

Sat, Sep 19 | 9am–3pm | CECs: 6 | Fee: \$275

Manuals: \$95

Vertical Repertoire

Sat–Sun, Dec 5–6 | 9am–3pm | CECs: 12 | Fee: \$550

Manuals: \$120

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

— Danielle

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

— Diane

Learn more at bodyharmonics.com/training