

## 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, 1:30–7:30pm  
 Module 2: March 6–8, 1:30–7:30pm  
 Module 3: April 3–5, 1:30–7:30pm  
 Module 4: May 1–3, 1:30–7:30pm

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

Modules 1–4: May 28–June 7, 1:30–8pm

### SUMMER

#### Pilates Level 1: Mat

Anatomy for Motion and Modules 1–4:  
 July 8–18, 1–7:30pm

#### Pilates Level 2: Reformer

Modules 1–4: July 21–31, 1:30–8pm

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

Modules 1–4: May 28–June 7, 1:30–8pm

### FALL-WINTER

#### Pilates Level 1: Mat

Module 1: September 18–20, 1–7pm  
 Module 2: October 2–4, 1–7pm  
 Module 3: October 16–18, 1–7pm  
 Module 4: November 7–8, 1–7pm

#### Pilates Level 1: Mat

Anatomy for Motion and Modules 1–4:  
 December 8–18, 1–7:30pm

#### Pilates Level 2: Reformer

Module 1: September 11–13, 1:30–7:30pm  
 Module 2: October 2–4, 1:30–7:30pm  
 Module 3: October 23–25, 1:30–7:30pm  
 Module 4: November 13–15, 1:30–7:30pm

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

Module 1: Sep 25–27, 1–7pm  
 Module 2: Oct 23–25, 1–7pm  
 Module 3: Nov 20–22, 1–7pm  
 Module 4: Dec 11–13, 1–7pm

### 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)
- **Towards a Healthy Pelvic Floor**  
Feb 7 (Fri, 1–7pm)
- **Movement and Exercise for Pregnancy**  
Feb 8 (Sat, 1–7pm)
- **Post-Natal Reconditioning & Diastasis Recti Repair**  
Feb 9 (Sun, 1–7pm)
- **Anatomy for Motion**  
Feb 21 (Fri, 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 18, 19 (Sat–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

May/June

- **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)
- **Foot and Ankle: The Body's Spring System**  
Jun 6 (Sat, 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)
- **Arthritis: The Modern Epidemic**  
Jul 11 (Sat, 1–7pm)

August

- **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)
- **Balance Apparatus**  
Aug 22 (Sat, 1–7pm)
- **Resistance Apparatus**  
Aug 23 (Sun, 1–7pm)

### FALL/WINTER

September

- **Anatomy for Motion**  
Sep 11 (Fri, 1–7pm)
- **Ultimate Mat: Repertoire Plus**  
Sep 12 (Sat, 1–7pm)
- **Ethical and Conscious Touch**  
Sep 18 (Fri, 1–4pm)
- **Pre- & Post-Rehab Solutions for Knee Replacements and ACL Reconstruction**  
Sep 19 (Sat, 1–4pm)
- **Hip Replacements**  
Sep 19 (Sat, 5–8pm)

September/October

- **Cervical Spine Mechanics and Protocols**  
Sep 24 (Thurs, 5–9pm)
- **Handedness and Scoliosis**  
Sep 26 (Sat, 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)

October/November

- **Beyond Breast Cancer**  
Oct 30 (Fri, 1–7pm)
- **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)