

## BECOME A PILATES CERTIFIED TEACHER

Get certified as a Body Harmonics Pilates Comprehensive teacher and become a sought-after Pilates & Movement professional.

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.

Location for all dates: ReActive Movement, 6200 La Salle Avenue, Oakland, CA 94611 and live streaming via Zoom.

The hours are Pacific Time. Follow [this link](#) to see what the hours are in your time zone.

### PILATES LEVEL 1: MAT

Click [here](#) to register.

Module 1: Jan 8–9, 12–6pm

Module 2: Jan 28–30, 12–6pm

Module 3: Feb 18–20, 12–6pm

Module 4: Mar 11–13, 12–6pm

Practical exam: Mar 13 (during classroom hours of Module 4)

Online written exam: Mar 19–20

### PILATES LEVEL 2: REFORMER

Click [here](#) to register.

Module 1: Apr 1–3, 12–6pm

Module 2: Apr 22–24, 12–6pm

Module 3: May 13–15, 12–6pm

Module 4: Jun 3–5, 12–6pm

Online written exam: Jun 24–25

Practical exam: Aug 26

### PILATES LEVEL 3: CADILLAC CHAIR SPRINGBOARD BARRELS

Click [here](#) to register.

Module 1: Sep 9–11, 12–6pm

Module 2: Oct 7–9, 12–6pm

Module 3: Nov 4–6, 12–6pm

Module 4: Dec 2–4, 12–6pm

Online written exam: Jan 6–7, 2023

Practical exam: Mar 3, 2023

# EDUCATION CALENDAR

California, 2022



## CONTINUING EDUCATION

- Train comprehensively
- Specialize so you can offer concrete expertise solutions to clients and employers
- Build your practice systematically

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- Anatomy for Motion  
Fri, Jan 7, 12–6pm
- Movement and Exercise for Pregnancy  
Fri, Jan 21, 12–6pm
- Towards a Healthy Pelvic Floor  
Fri, Feb 11, 12–6pm
- Core Integrity  
Sat–Sun, Feb 19–20, 12–6pm
- Post-Natal Reconditioning and Diastasis Recti Repair  
Fri, Mar 4, 12–6pm
- Osteopenia, Osteoporosis and Orthopaedic Health  
Fri, Mar 25, 12–6pm
- Pre and Post-Rehab Solutions for Knee Replacements and ACL Reconstruction  
Fri, Apr 15, 12–3pm
- Hip Replacements  
Fri, Apr 15, 4–7pm
- Pain 101  
Fri, Jun 24, 12–3pm
- Neurophysiology 201  
Sat, Jun 25, 12–6pm
- Ethical and Conscious Touch  
Fri, Jul 15, 12–3pm
- Upper Cervical Spine  
Fri, Jul 15, 4–7pm
- Unlock the Mighty and Mysterious Psoas  
Fri, Nov 18, 12–6pm
- SI Joint: The Critical, Functional Link  
Sat, Nov 19, 12–6pm
- Functional and Structural Scoliosis  
Sun, Nov 20, 12–6pm
- Advanced Postural Analysis  
Fri–Sat, Dec 16–17, 12–6pm

[CLICK HERE TO REGISTER](#)