

# EDUCATION CALENDAR

## Gatineau 2022



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

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.

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

Please note: All the courses are delivered in French.

## PILATES CERTIFICATION

### Pilates Level 1: Mat

Mod 1: Sep 16–18 (Fri, 3–9pm, Sat & Sun, 9am–3pm)

Mod 2: Oct 7–9 (Fri, 3–9pm, Sat & Sun, 9am–3pm)

Mod 3: Oct 28–30 (Fri, 3–9pm, Sat & Sun, 9am–3pm)

Mod 4: Nov 26–27 (Sat & Sun, 9am–3pm)

Online written exam: Dec 3–4 (all day) | Practical exam: Dec 10, Sat, 9am–12pm

### Pilates Level 2: Reformer

Mod 1: Jan 21, 22, 23 (Fri, 3–9pm, Sat & Sun, 9am–3pm)

Mod 2: Feb 18, 19, 20 (Fri, 3–9pm, Sat & Sun, 9am–3pm)

Mod 3: Mar 11, 12, 13 (Fri, 3–9pm, Sat & Sun, 9am–3pm)

Mod 4: Apr 1, 2, 3 (Fri, 3–9pm, Sat & Sun, 9am–3pm)

Additional virtual hours: 16 hours through May Jun, Jul (dates and times TBD)

Online written exam: Jul 23–24 (all day) | Practical exam: Jul 31 (Sun, 9am–12pm)

## CONTINUING EDUCATION

- Build a Strong and Supple Spine

Sat, Jan 22, 9am–12pm

- Power and Balance for Hip and Knee

Sat, Jan 22, 1–4pm

- Simplifying the Shoulder Complex

Sun, Jan 23, 9am–12pm

- Vertical Repertoire

Sat, Feb 19, 10am–4pm | Sun, Feb 20, 9am–3pm

- Balance Apparatus

Sat, Apr 2, 10am–4pm

- Resistance Apparatus

Sun, Apr 3, 9am–3pm

- Anatomy for Motion

Sun, Sep 11, 9am–3pm

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