

BECOME A CERTIFIED PILATES TEACHER

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

We have designed our schedule so all three levels of training can be completed within a 12-month period. This means streamlined learning, a clear path to completion, and working with a cohort of students who will become your future professional network.

PILATES COMPREHENSIVE TRACK: SPRING TERM

Click [here](#) to register.

Anatomy for Motion

April 4, 1-7pm

Level 1: Mat

April 5-15, 1-7pm

Level 2: Reformer

April 17-28, 1-7pm

Level 3: Cadillac Chair Springboard Barrels

May 1-12, 1-7pm

PILATES COMPREHENSIVE TRACK: FALL TERM

Click [here](#) to register.

Anatomy for Motion

September 5, 1-7pm

Level 1: Mat

September 6-16, 1-7pm

Level 2: Reformer

September 18-29, 1-7pm

Level 3: Cadillac Chair Springboard Barrels

October 1-12, 1-7pm

PLEASE NOTE

All Pilates Comprehensive Track programs will be delivered in-person. Some Continuing Education hours will be delivered in-person and some will be streamed live via Zoom from Bali, Indonesia. The hours are GMT+8.

Location: Movement Matters Studio | movementmatters-bali.com

No.5, Banjar Nyuh Kuning, Jl. Nyuh Bulan, MAS, Kabupaten Gianyar, Bali 80571, Indonesia.

EDUCATION CALENDAR

Bali, 2022



CONTINUING EDUCATION

- [Cervical Spine Mechanics and Protocols: Online](#)
Feb 4, 1–5pm
- [Self-Care Strategies for Jaw Pain: Online](#)
Feb 4, 6–8pm
- [Foot and Ankle: The Body's Spring System: Online](#)
Feb 5, 1–7pm
- [Unlock the Mighty and Mysterious Psoas: Online](#)
Feb 6, 1–7pm
- [Strength, Balance and Fall Prevention for Seniors: Online](#)
Feb 11, 1–7pm
- [Breathing Mechanics and Protocols: Online](#)
Feb 12, 1–7pm
- [Myofascial Lines of Movement: Online](#)
Feb 18–19, 1–7pm
- [Post-Rehab Protocols: Spine: Online](#)
Feb 25–26, 1–7pm
- [Post-Rehab Protocols: Shoulder: Online](#)
Mar 4–5, 1–7pm
- [Post-Rehab Protocols: Hip and Knee: Online](#)
Mar 11–12, 1–7pm
- [Neurophysiology 101: Online](#)
Mar 18–19, 1–7pm
- [Neurophysiology 201: Online](#)
Mar 20, 1–7pm
- [Pain 101: Online](#)
Mar 25, 1–4pm
- [Upper Cervical Spine: Online](#)
Mar 25, 4:30–7:30pm
- [Beyond Breast Cancer: Online](#)
Mar 26, 1–7pm
- [Movement & Exercise for Inflammatory and Autoimmune Diseases: Online](#)
Mar 27, 1–7pm
- [Client Care Essentials to Build or Rebuild Your Practice 101: In-Person](#)
Jun 27, 1–7pm
- [Client Care Essentials to Build or Rebuild Your Practice 201: In-Person](#)
Jun 28, 1–7pm
- [Client Care Essentials to Build or Rebuild Your Practice 101: In-Person](#)
Nov 29, 1–7pm
- [Client Care Essentials to Build or Rebuild Your Practice 201: In-Person](#)
Nov 30, 1–7pm

Essential Biomechanics Specialist

- [Build a Strong and Supple Spine: In-Person](#)
May 28, 1–4pm
- [Power and Balance for Hip and Knee: In-Person](#)
May 28, 4:30–7:30pm
- [Simplifying the Shoulder Complex: In-Person](#)
May 29, 1–4pm
- [Ethical and Conscious Touch: In-Person](#)
May 29, 4:30–7:30pm
- [Postural Analysis: In-Person](#)
May 30–31, 1–7pm
- [Gait Analysis: In-Person](#)
Jun 2, 1–7pm
- [Foot and Ankle: The Body's Spring System: In-Person](#)
Jun 3, 1–7pm
- [Cervical Spine Mechanics and Protocols: In-Person](#)
Jun 4, 1–5pm

Core Control & Systems Specialist

- [Cervical Spine Mechanics and Protocols: In-Person](#)
Jun 4, 1–5pm
- [Core Integrity: In-Person](#)
Jun 5–6, 1–7pm
- [Unlock the Mighty and Mysterious Psoas: In-Person](#)
Jun 7, 1–7pm
- [Breathing Mechanics and Protocols: In-Person](#)
Jun 8, 1–7pm
- [Sacroiliac Joint: The Critical, Functional Link: In-Person](#)
Jun 10, 1–7pm
- [Myofascial Lines of Movement: In-Person](#)
Jun 11–12, 1–7pm

Active Aging Specialist

- [Cervical Spine Mechanics and Protocols: In-Person](#)
Jun 16, 1–5pm
- [Foot and Ankle: The Body's Spring System: In-Person](#)
Jun 17, 1–7pm
- [Arthritis: The Modern Epidemic: In-Person](#)
Jun 18, 1–7pm
- [Hip Replacements: In-Person](#)
Jun 19, 1–4pm
- [Pre and Post-Rehab Solutions for Knee Replacements and ACL Reconstruction: In-Person](#)
Jun 19, 4:30–7:30pm
- [Osteopenia, Osteoporosis & Orthopaedic Health: In-Person](#)
Jun 20, 1–7pm
- [Strength, Balance and Fall Prevention for Seniors: In-Person](#)
Jun 21, 1–7pm

Advanced Biomechanics Specialist

- [Core Integrity: In-Person](#)
Oct 29–30, 1–7pm
- [Breathing Mechanics and Protocols: In-Person](#)
Oct 31, 1–7pm
- [Sacroiliac Joint: The Critical, Functional Link: In-Person](#)
Nov 1, 1–7pm
- [Advanced Postural Analysis: In-Person](#)
Nov 2–3, 1–7pm
- [Myofascial Lines of Movement: In-Person](#)
Nov 5–6, 1–7pm
- [Neurophysiology 101: In-Person](#)
Nov 7–8, 1–7pm

Rehabilitative Exercise Specialist

- [Neurophysiology 201: In-Person](#)
Nov 12, 1–7pm
- [Post-Rehab Protocols: Spine: In-Person](#)
Nov 13–14, 1–7pm
- [Post-Rehab Protocols: Shoulder: In-Person](#)
Nov 15–16, 1–7pm
- [Post-Rehab Protocols: Hip and Knee: In-Person](#)
Nov 17–18, 1–7pm
- [Pain 101: In-Person](#)
Nov 19, 1–4pm
- [Hip Replacements: In-Person](#)
Nov 19, 4:30–7:30pm
- [Pre and Post-Rehab Solutions for Knee Replacements and ACL Reconstruction: In-Person](#)
Nov 20, 1–4pm
- [Upper Cervical Spine: In-Person](#)
Nov 20, 4:30–7:30pm
- [Beyond Breast Cancer: In-Person](#)
Nov 21, 1–7pm
- [Movement & Exercise for Inflammatory and Autoimmune Diseases: In-Person](#)
Nov 22, 1–7pm
- [Self-Care Strategies for Jaw Pain: In-Person](#)
Nov 23, 1–3pm

[CLICK HERE TO REGISTER](#)