

BECOME A CERTIFIED PILATES TEACHER

PILATES LEVEL 1: MAT

Delivery platform: Live online via Zoom except the December dates. That express program will run in-person at one of Body Harmonics Studios in Toronto. Click [here](#) to register.

JANUARY-MARCH DATES

Mod 1: Jan 28-30 (Fri-Sun, 11am-5pm)
Mod 2: Feb 11-13 (Fri-Sun, 11am-5pm)
Mod 3: Feb 25-27 (Fri-Sun, 11am-5pm)
Mod 4: Mar 11-12 (Fri-Sat, 11am-5pm)
Online written exam: Mar 19-20 (All day access)
Online practical exam: Mar 26 (Sat, 10am-1pm)

APRIL-MAY DATES

Mod 1: Apr 8-10 (Fri-Sun, 11am-5pm)
Mod 2: Apr 22-24 (Fri-Sun, 11am-5pm)
Mod 3: Apr 29-May 1 (Fri-Sun, 11am-5pm)
Mod 4: May 14-15 (Sat-Sun, 11am-5pm)
Online written exam: May 20-21 (All day access)
Online practical exam: May 28 (Sat, 10am-1pm)

EXPRESS: JULY DATES

NOTE: These dates include the prerequisite course Anatomy for Motion

Part 1: Jul 4-9 (Mon-Sat, 11am-5:30pm)
Part 2: Jul 11-15 (Mon-Fri, 11am-5:30pm)
Online written exam: Jul 23-24 (All day access)
Online practical exam: Jul 30 (Sat, 10am-1pm)

SEPTEMBER-OCTOBER DATES

Mod 1: Sep 16-18 (Fri-Sun, 1-7pm)
Mod 2: Sep 30-Oct 2 (Fri-Sun, 1-7pm)
Mod 3: Oct 14-16 (Fri-Sun, 1-7pm)
Mod 4: Oct 29-30 (Sat-Sun, 1-7pm)
Online written exam: Nov 5-6 (All day access)
Online practical exam: Nov 12 (Sat, 10am-1pm)

EXPRESS: DECEMBER DATES

NOTE: These dates include the prerequisite course Anatomy for Motion
Part 1: Dec 5-10 (Mon-Sat, 11am-5:30pm)
Part 2: Dec 12-16 (Mon-Fri, 11am-5:30pm)
Online written exam: Jan 7-8, 2023 (All day access)
In-person practical exam: Jan 14, 2023 (Sat, 10am-1pm)

PILATES LEVEL 2: REFORMER

Delivery platform: In-Person. Click [here](#) to register.

APRIL-JUNE DATES

Mod 1: Apr 1-3 (Fri-Sun, 1:30-7pm)
Mod 2: Apr 22-24 (Fri-Sun, 1:30-7pm)
Mod 3: May 13-15 (Fri-Sun, 1:30-7pm)
Mod 4: Jun 3-5 (Fri-Sun, 1:30-7pm)
Additional virtual hours: 16 hours through Jun-Aug
Online written exam: Aug 6-7 (All day access)
In-person practical exam: Sep 10 (Sat, 1:30-4:30pm)

EXPRESS: JULY DATES

Part 1: Jul 18-23 (Mon-Sat, 1:30-7:30pm)
Part 2: Jul 25-29 (Mon-Fri, 1:30-7:30pm)
Additional virtual hours: 16 hours through Aug-Sep
Online written exam: Nov 5-6 (All day access)
In-person practical exam: Jan 7, 2023 (Sat, 1:30-4:30pm)

OCTOBER-DECEMBER DATES

Mod 1: Oct 14-16 (Fri-Sun, 1:30-7pm)
Mod 2: Nov 4-6 (Fri-Sun, 1:30-7pm)
Mod 3: Nov 25-27 (Fri-Sun, 1:30-7pm)
Mod 4: Dec 16-18 (Fri-Sun, 1:30-7pm)
Additional virtual hours: 16 hours through Jan-Feb
Online written exam: Feb 18-19, 2023 (All day access)
In-person practical exam: Mar 25, 2023 (Sat, 1:30-4:30pm)

PILATES LEVEL 3: CADILLAC CHAIR SPRINGBOARD BARRELS

Delivery platform: In-Person. Click [here](#) to register.

JANUARY-APRIL DATES

Mod 1: Jan 7-9 (Fri-Sun, 1-6:30pm)
Mod 2: Feb 4-6 (Fri-Sun, 1-6:30pm)
Mod 3: Mar 4-6 (Fri-Sun, 1-6:30pm)
Mod 4: Apr 1-3 (Fri-Sun, 1-6:30pm)
Additional virtual hours: Apr 13, 20, 27, May 4, 11, 18, 25, Jun 1, Wed, 6:30-8:30pm
Online written exam: Jun 4-5 (All day access)
In-person practical exam: Jul 9 (Sat, 11am-2pm)

SEPTEMBER-DECEMBER DATES

Mod 1: Sep 23-25 (Fri-Sun, 1-6:30pm)
Mod 2: Oct 21-23 (Fri-Sun, 1-6:30pm)
Mod 3: Nov 18-20 (Fri-Sun, 1-6:30pm)
Mod 4: Dec 9-11 (Fri-Sun, 1-6:30pm)
Additional virtual hours: 16 hours through Dec-Feb
Online written exam: Feb 11-12, 2023 (All day access)
In-person practical exam: Mar 11, 2023 (Sat, 11am-2pm)

EDUCATION CALENDAR

Toronto, 2022



CONTINUING EDUCATION

Some classroom hours will be delivered in-person and some will be streamed live via Zoom from Toronto, Canada. The hours are Eastern Standard Time (EST).

- [Build a Strong and Supple Spine: Online](#)
Jan 14, Fri, 4–7pm
- [Power and Balance for Hip and Knee: Online](#)
Jan 15, Sat, 10am–1pm
- [Simplifying the Shoulder Complex: Online](#)
Jan 15, Sat, 3–6pm
- [Cervical Spine Mechanics and Protocols: Online](#)
Jan 20, Thurs, 5–9pm
- [Anatomy for Motion: Online](#)
Jan 22, Sat, 11am–5pm
- [Towards a Healthy Pelvic Floor: Online](#)
Jan 29–30, Sat–Sun, 10am–1pm
- [Post-Natal Reconditioning and Diastasis Recti Repair: Online](#)
Feb 5–6, Sat–Sun, 10am–1pm
- [Strength, Balance and Fall Prevention for Seniors: Online](#)
Feb 11–12, Fri, 4–7pm & Sat, 10am–1pm
- [Neurophysiology 101: Online](#)
Feb 11–13, Fri, 4–8pm & Sat–Sun, 10am–2pm
- [Pre- and Post-Rehab Solutions for Knee Replacements and ACL Reconstruction: Online](#)
Feb 26, Sat, 10am–1pm
- [Upper Cervical Spine](#)
Mar 4, Fri, 5–8pm
- [Osteopenia, Osteoporosis and Orthopaedic Health: Online](#)
Mar 5–6, Sat–Sun, 10am–1pm
- [Hip Replacements: Online](#)
Mar 11, Fri, 4–7pm
- [Arthritis: The Modern Epidemic: Online](#)
Mar 12–13, Sat–Sun, 10am–1pm
- [Self-Care Strategies for Jaw Pain: Online](#)
Mar 25, Fri, 5–7pm
- [Foot and Ankle: The Body's Spring System: Online](#)
Mar 26–27, Sat–Sun, 10am–1pm
- [Anatomy for Motion: Online](#)
Apr 2, Sat, 11am–5pm
- [Handedness and Scoliosis: Online](#)
Apr 9–10, Sat–Sun, 10am–1pm
- [Balance Apparatus: In-Person](#)
Apr 9, Sat, Times TBD
- [Resistance Apparatus: In-Person](#)
Apr 10, Sun, Times TBD
- [Pain 101: Online](#)
Apr 22, Fri, 5–8pm
- [Post-Rehab Protocols: Spine: Online](#)
Apr 29–May 1, Fri, 4–8pm & Sat–Sun, 10am–2pm
- [Pilates Arc Repertoire: Online](#)
May 5–7, Thurs–Fri, 4–8pm & Sat, 10am–2pm
- [Sacroiliac Joint: The Critical, Functional Link: Online](#)
May 14–15, Sat–Sun, 10am–1pm
- [NEW How to Help the Hypermobile Body: Online](#)
May 26, Thurs, 5–8pm
- [Vertical Repertoire: Online](#)
May 27–29, Fri, 4–8pm, Sat–Sun, 10am–2pm
- [Unlock the Mighty and Mysterious Psoas: Online](#)
May 28–29, Sat–Sun, 10am–1pm
- [Ultimate Mat: Repertoire Plus: Online](#)
Jun 4–5, Sat–Sun, 10am–1pm
- [Post-Rehab Protocols: Hip and Knee: Online](#)
Jun 10–12, Fri, 4–8pm & Sat–Sun, 10am–2pm
- [Breathing Mechanics and Protocols: Online](#)
Jun 16–17, Thurs, 5–8pm & Fri, 4–7pm
- [Gait Analysis: Online](#)
Jun 18, Sat, 10am–1pm & 2–5pm
- [Postural Analysis: Online](#)
Jun 24–26, Fri, 4–8pm & Sat–Sun, 10am–2pm
- [Neurophysiology 201: Online](#)
Jul 23–24, Sat–Sun, 10am–1pm
- [Post-Rehab Protocols: Shoulder: Online](#)
Sep 9–11, Fri, 4–8pm & Sat–Sun, 10am–2pm
- [Anatomy for Motion: Online](#)
Sep 10, Sat, 11am–5pm
- [Build a Strong and Supple Spine: Online](#)
Sep 23, Fri, 4–7pm
- [Power and Balance for Hip and Knee: Online](#)
Sep 24, Sat, 10am–1pm
- [Simplifying the Shoulder Complex: Online](#)
Sep 24, Sat, 3–6pm
- [NEW Add Strength Training to Your Pilates Practice: Online](#)
Oct 13, Thurs, 5–8pm
- [Self-Care Strategies for Jaw Pain: Online](#)
Oct 22, Sat, 11am–1pm
- [Foot and Ankle: The Body's Spring System: Online](#)
Oct 29–30, Sat–Sun, 10am–1pm
- [Ethical and Conscious Touch: Online](#)
Nov 3, Thurs, 5–8pm
- [Advanced Postural Analysis: Online](#)
Nov 4–6, Fri, 4–8pm & Sat–Sun, 10am–2pm
- [Mapping Your Muscles: Online](#)
Nov 5–6, Sat–Sun, 11am–2pm
- [Unlock the Mighty and Mysterious Psoas: Online](#)
Nov 19–20, Sat–Sun, 10am–1pm
- [Postural Analysis: Online](#)
Dec 2–4 Fri, 4–8pm & Sat–Sun, 10am–2pm
- [Gait Analysis: Online](#)
Dec 10–11, Sat–Sun, 10am–1pm
- [Myofascial Lines of Movement: Online](#)
Dec 16–18, Fri, 4–8pm & Sat–Sun, 10am–2pm

[CLICK HERE TO REGISTER](#)