

PILATES CERTIFICATION

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

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

Pilates Level 3: Cadillac Chair Springboard Barrels

Module 1: Sep 23–25 (Fri, 12–6pm, Sat–Sun, 10am–4pm)

Module 2: Oct 14–16 (Fri, 12–6pm, Sat–Sun, 10am–4pm)

Module 3: Nov 4–6 (Fri, 12–6pm, Sat–Sun, 10am–4pm)

Module 4: Dec 2–4 (Fri, 12–6pm, Sat–Sun, 10am–4pm)

Additional virtual hours: TBD

Online written exam: Jan 14–15, 2023 (all day access)

In-person practical exam: Mar 4, 2023 (Sat time TBD)

[Email us](#) if you have questions or need more information.

**CLICK HERE TO REGISTER
AND SAVE YOUR SPOT**

“ . . . not only did I learn about the subject matter but I learned about myself and truly was changed. I expected to be able to teach Pilates. I discovered I needed to truly learn Pilates first. The Body Harmonics Pilates Education program exceeded my expectations. ”

— Natalia