

EDUCATION CALENDAR

California, 2023



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.

- ANATOMY FOR MOTION

Jan 6, Fri, 12–6pm

- PILATES LEVEL 1: MAT

Module 1: Jan 7–8 (Sat–Sun, 12–7pm)

Module 2: Jan 27–29 (Fri–Sun, 12–7pm)

Module 3: Feb 10–12 (Fri–Sun, 12–6pm)

Module 4: Mar 4–5 (Sat–Sun, 12–6pm)

Online written exam: Mar 11–12 (Sat–Sun, all day access)

In-Person practical exam: Mar 17 (Fri, 12–6pm)

- CORE INTEGRITY

Feb 11–12, Sat–Sun, 12–6pm

- PILATES LEVEL 2: REFORMER

Module 1: Mar 24–26 (Fri–Sun, 12–6pm)

Module 2: Apr 14–16 (Fri–Sun, 12–6pm)

Module 3: May 12–14 (Fri–Sun, 12–6pm)

Module 4: Jun 2–4 (Fri–Sun, 12–6pm)

Online written exam: Jul 8–9 (Sat–Sun, all day access)

In-person practical exam: Aug 25 (Fri, 12–6pm)

- BUILD A STRONG AND SUPPLE SPINE

Jun 23, Fri, 3–6pm

- SIMPLIFYING THE SHOULDER COMPLEX

Jul 14, Fri, 3–6pm

- POWER AND BALANCE FOR HIP AND KNEE

Aug 4, Fri, 3–6pm

- PILATES LEVEL 3: CADILLAC CHAIR SPRINGBOARD BARRELS

Module 1: Sep 15–17 (Fri–Sun, 12–6pm)

Module 2: Oct 13–15 (Fri–Sun, 12–6pm)

Module 3: Nov 3–5 (Fri–Sun, 12–6pm)

Module 4: Dec 1–3 (Fri–Sun, 12–6pm)

Online written exam: Jan 6–7, 2024 (all day access)

In-person practical exam: Mar 1–2, 2024 (Fri–Sat 12–6pm)

Location for all courses: ReActive Movement, 6200 La Salle Avenue, Oakland, CA 94611

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