

BECOME A CERTIFIED PILATES TEACHER

PILATES LEVEL 1: MAT

Delivery platform: In-Person at Movement Matters Studio

1st SEMESTER DATES

Part 1: Apr 3–8, 1:30–7:30pm (local time)

Part 2: Apr 10–15, 1:30–7:30pm (local time)

Online written exam: TBA

Online practical exam: TBA

2nd SEMESTER DATES

Part 1: Sep 4–9, 1:30–7:30pm (local time)

Part 2: Apr 11–16, 1:30–7:30pm (local time)

Online written exam: TBA

Practical exam: TBA

PILATES LEVEL 2: REFORMER

Delivery platform: In-Person at Movement Matters Studio

1st SEMESTER DATES

Part 1: Apr 17–22, 1:30–7:30pm (local time)

Part 2: Apr 24–29, 1:30–7:30pm (local time)

Online written exam: TBA

Practical exam: TBA

2nd SEMESTER DATES

Part 1: Sep 18–23, 1:30–7:30pm (local time)

Part 2: Sep 25–30, 1:30–7:30pm (local time)

Online written exam: TBA

Practical exam: TBA

PILATES LEVEL 3: CADILLAC CHAIR SPRINGBOARD BARRELS

Delivery platform: In-Person at Movement Matters Studio

1st SEMESTER DATES

Part 1: May 1–6, 1:30–7:30pm (local time)

Part 2: May 8–13, 1:30–7:30pm (local time)

Online written exam: TBA

Practical exam: TBA

2nd SEMESTER DATES

Part 1: Oct 2–7, 1:30–7:30pm (local time)

Part 2: Oct 9–14, 1:30–7:30pm (local time)

Online written exam: TBA

Practical exam: TBA

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CONTINUING EDUCATION

Delivery platform: In-Person at Movement Matters Studio. + Live online streaming via Zoom.

- [Build a Strong and Supple Spine: Hybrid](#)

Mon, May 22, 2023, 1:30–4:30pm (GMT+8)

- [Power and Balance for Hip and Knee: Hybrid](#)

Mon, May 22, 2023, 5–8pm (GMT+8)

- [Postural Analysis Foundations: Hybrid](#)

Tue, May 23–Wed, May 24, 2023, 1:30–7:30pm (GMT+8)

- [Gait Analysis: Hybrid](#)

Fri, May 26, 2023, 1:30–7:30pm (GMT+8)

- [Simplifying the Shoulder Complex: Hybrid](#)

Sat, May 27, 2023, 5–8pm (GMT+8)

- [Foot and Ankle: The Body's Spring System: Hybrid](#)

Sun, May 28, 2023, 1:30–7:30pm (GMT+8)

- [Cervical Spine Mechanics and Protocols: Hybrid](#)

Mon, May 29, 2023, 1:30–5:30pm (GMT+8)

- [Core Integrity: Hybrid](#)

Thur, Jun 1–Fri, Jun 2, 2023, 1:30–7:30pm (GMT+8)

- [Unlock the Mighty and Mysterious Psoas: Hybrid](#)

Sat, Jun 3, 2023, 1:30–7:30pm (GMT+8)

- [Breathing Mechanics and Protocols: Hybrid](#)

Sun, Jun 4, 2023, 1:30–7:30pm (GMT+8)

- [Sacroiliac Joint: The Critical, Functional Link: Hybrid](#)

Tue, Jun 6, 2023, 1:30–7:30pm (GMT+8)

- [Myofascial Lines of Movement: Hybrid](#)

Wed, Jun 7–Thur, Jun 8, 2023, 1:30–7:30pm (GMT+8)

- [Osteopenia, Osteoporosis and Orthopaedic Health: Hybrid](#)

Mon, Oct 16, 2023, 1:30–7:30pm (GMT+8)

- [Strength, Balance and Fall Prevention for Seniors: Hybrid](#)

Tue, Oct 17, 2023, 1:30–7:30pm (GMT+8)

- [Postural Analysis – Advanced: Hybrid](#)

Wed, Oct 18–Thur, Oct 19, 2023, 1:30–7:30pm (GMT+8)

- [Post-Rehab Protocols: Spine: Hybrid](#)

Sat, Oct 21–Sun, Oct 22, 2023, 1:30–7:30pm (GMT+8)

- [Post-Rehab Protocols: Shoulder: Hybrid](#)

Mon, Oct 23–Tue, Oct 24, 2023, 1:30–7:30pm (GMT+8)

- [Post-Rehab Protocols: Hip and Knee: Hybrid](#)

Wed, Oct 25–Thur, Oct 26, 2023, 1:30–7:30pm (GMT+8)

- [Neurophysiology 101: Hybrid](#)

Mon, Oct 30–Tue, Oct 31, 2023, 1:30–7:30pm (GMT+8)

- [Pain 101: Hybrid](#)

Thur, Nov 2, 2023, 1:30–4:30pm (GMT+8)

- [Self-Care Strategies for Jaw Pain: Hybrid](#)

Mon, Nov 6, 2023, 1:30–3:30pm (GMT+8)

- [Client Care Essentials to Build or Rebuild Your Practice 101: Hybrid](#)

Mon, Nov 13, 2023, 1:30–7:30pm (GMT+8)

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