

EDUCATION CALENDAR

Collingwood, 2023



PILATES LEVEL 1: MAT

Module 1: Sep 29, 30, Oct 1 (Fri, 1-7pm, Sat 11am-5pm, Sun, 10am-4pm)

Module 2: Oct 13, 14, 15 (Fri, 1-7pm, Sat 11am-5pm, Sun, 10am-4pm)

Module 3: Oct 27, 28, 29 (Fri, 1-7pm, Sat 11am-5pm, Sun, 10am-4pm)

Module 4: Nov 11, 12 (Sat, 11am-5pm, Sun, 10am-4pm)

Online written exam: Nov 18-19 (all day access)

In-person practical exam: Nov 26 (Sun, times TBD)

PILATES LEVEL 2: REFORMER

Module 1: Apr 21, 22, 23 (Fri, 1-7pm, Sat, 11am-5pm, Sun, 10am-4pm)

Module 2: May 5, 6, 7 (Fri, 1-7pm, Sat, 11am-5pm, Sun, 10am-4pm)

Module 3: May 26, 27, 28 (Fri, 1-7pm, Sat, 11am-5pm, Sun, 10am-4pm)

Module 4: Jun 9, 10, 11 (Fri, 1-7pm, Sat, 11am-5pm, Sun, 10am-4pm)

Additional virtual hours via Zoom: Jun 24 (Sat, 12-4pm), Jun 29 (Thur, 4:30-8:30pm), Jul 9 (Sun, 12-4pm), Jul 23 (Sun, 12-4pm)

Online written exam: Jul 8-9 (all day access)

In-person practical exam: Aug 13 (Sun, 1:30-4:30pm). NOTE: The exam will be held at one of Body Harmonics Studios in Toronto

PILATES LEVEL 3: CCSB

Module 1: Feb 10, 11, 12 (Fri, 1-7pm, Sat, 11am-5pm, Sun, 10am-4pm)

Module 2: Feb 24, 25, 26 (Fri, 1-7pm, Sat, 11am-5pm, Sun, 10am-4pm)

Module 3: Mar 3, 4, 5 (Fri, 1-7pm, Sat, 11am-5pm, Sun, 10am-4pm)

Module 4: Mar 24, 25, 26 (Fri, 1-7pm, Sat, 11am-5pm, Sun, 10am-4pm)

Additional virtual hours: Apr 1 (Sat, 12-4pm), Apr 16 (Sun, 12-4pm), May 4 (Thur, 4:30-8:30pm), May 20 (Sat, 12-4pm)

Online written exam: Apr 29-30 (all day access)

In-person practical exam: Jun 4 (Sun, 1:30-4:30pm) NOTE: The exam will be held at one of Body Harmonics Studios in Toronto

CONTINUING EDUCATION

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

Sun, Jan 15, 2023, 10am-4pm

• [Build a Strong and Supple Spine](#)

Fri, Jan 27, 2023, 5:30-8:30pm

• [Power and Balance for Hip and Knee](#)

Thur, Feb 2, 2023, 5:30-8:30pm

• [Simplifying the Shoulder Complex](#)

Fri, Feb 3, 2023, 5:30-8:30pm

• [Gait Analysis](#)

Thur, Mar 30-Fri, Mar 31, 5:30-8:30pm

• [Postural Analysis](#)

Sat, Apr 29-Sun, Apr 30, 2023, 10am-4pm

• [Handedness and Scoliosis](#)

Fri, Jun 16, 5:30-8:30pm and Sat, Jun 17, 10am-1pm

• [Anatomy for Motion](#)

Sat, Sep 23, 2023, 10am-4pm

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