

EDUCATION CALENDAR

Guelph, 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.

PILATES LEVEL 1: MAT

WINTER EXPRESS DATES – Location: 17 Goodwin Dr

Anatomy for Motion and Modules 1–3:

Jan 13–22, 11:30am–5:30pm

Module 4: Feb 4–5, 11:30am–5:30pm

Online written exam: Feb 11–12 (all day access)

In-person practical exam: Sat, Feb 18, 11am–1pm

FALL DATES – Location: 26 Eramosa Rd

Module 1: Sep 15_17 (Fri–Sun, 10am–4pm)

Module 2: Sep 29–Oct 1 (Fri–Sun, 10am–4pm)

Module 3: Oct 20–22 (Fri–Sun, 10am–4pm)

Module 4: Nov 3–4 (Fri–Sat, 10am–4pm)

Online written exam: Nov 11–12 (all day access)

In-person practical exam: Fri, Nov 17, 12–2pm

PILATES LEVEL 2: REFORMER

SPRING DATES – Location: 17 Goodwin Dr

Module 1: Mar 24–26 (Fri–Sun, 12–6pm)

Module 2: Apr 14–16 (Fri–Sun, 12–6pm)

Module 3: May 26–28 (Fri–Sun, 12–6pm)

Module 4: Jun 16–18 (Fri–Sun, 12–6pm)

Additional virtual hours: Jul 5, Jul 19, Aug 19, Aug 23, Oct 4: 7–9pm

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

In-person practical exam: Oct 14 (Sat, 12–4pm)

CONTINUING EDUCATION

• Myofascial Lines of Movement

Fri–Sat, Mar 17–18, 12–6pm

Location: 17 Goodwin Dr

• Breathing Mechanics and Protocols

Fri, May 19, 12–6pm

Location: 26 Eramosa Rd

• Resistance Apparatus: Pilates Props with Purpose

Sat, Jun 24, 12–6pm

Location: 17 Goodwin Dr

• Balance Apparatus: Pilates Props with Purpose

Sun, Jun 25, 12–6pm

Location: 17 Goodwin Dr

• Anatomy for Motion

Fri, Sep 8, 12–6pm

Location: 26 Eramosa Rd

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