

EDUCATION CALENDAR

Toronto, 2023



BECOME A CERTIFIED PILATES TEACHER

PILATES LEVEL 1: MAT

Delivery platform: Live online via Zoom. Click [here](#) to register.

WINTER DATES

Mod 1: Jan 13–15 (Fri–Sun, 1–7pm)
Mod 2: Jan 27–29 (Fri–Sun, 1–7pm)
Mod 3: Feb 10–12 (Fri–Sun, 1–7pm)
Mod 4: Feb 24–25 (Fri–Sat, 1–7pm)
Online written exam: Mar 4–5 (Sat–Sun, all day access)
Online practical exam: Mar 13 (Sun, 10am–1:30pm)

SPRING DATES

Mod 1: Mar 31–Apr 2 (Fri–Sun, 1–7pm)
Mod 2: Apr 14–16 (Fri–Sun, 1–7pm)
Mod 3: Apr 28–30 (Fri–Sun, 1–7pm)
Mod 4: May 12–13 (Fri–Sat, 1–7pm)
Online written exam: May 20–21 (Sat–Sun, all day access)
Online practical exam: May 27 (Sat, 10am–1:30pm)

SUMMER EXPRESS DATES

NOTE: These dates include the prerequisite course Anatomy for Motion
Part 1: Jul 10–15 (Mon–Sat, 1–7:30pm)
Part 2: Jul 17–21 (Mon–Fri, 1–7:30pm)
Online written exam: Jul 29–30 (Sat–Sun, all day access)
Online practical exam: Aug 12 (Sat, 10am–1:30pm)

FALL DATES

Mod 1: Sep 15–17 (Fri–Sun, 1–7pm)
Mod 2: Sep 29–Oct 1 (Fri–Sun, 1–7pm)
Mod 3: Oct 13–15 (Fri–Sun, 1–7pm)
Mod 4: Oct 27–28 (Fri–Sat, 1–7pm)
Online written exam: Nov 4–5 (Sat–Sun, all day access)
Online practical exam: Nov 11 (Sat, 10am–1:30pm)

WINTER EXPRESS DATES

NOTE: These dates include the prerequisite course Anatomy for Motion
Part 1: Dec 4–9 (Mon–Sat, 1–7:30pm)
Part 2: Dec 11–15 (Mon–Fri, 1–7:30pm)
Online written exam: Jan 6–7, 2024 (Sat–Sun, all day access)
Online practical exam: Jan 13, 2024 (Sat, 10am–1:30pm)

PILATES LEVEL 2: REFORMER

Delivery platform: In-Person at Body Harmonics Dupont Studio. Click [here](#) to register.

SPRING–SUMMER DATES

Mod 1: Mar 31–Apr 2 (Fri–Sun, 1:30–7pm)
Mod 2: Apr 14–16 (Fri–Sun, 1:30–7pm)
Mod 3: May 5–7 (Fri–Sun, 1:30–7pm)
Mod 4: May 26–28 (Fri–Sun, 1:30–7pm)
Additional virtual hours: 16 hours through Jun to Aug (dates & times TBD)
Online written exam: Jun 24–25 (Sat–Sun, all day access)
In-person practical exam: Aug 26 (Sat, 1:30–5pm)

FALL–WINTER DATES

Mod 1: Sep 22–24 (Fri–Sun, 1:30–7pm)
Mod 2: Oct 13–15 (Fri–Sun, 1:30–7pm)
Mod 3: Nov 3–5 (Fri–Sun, 1:30–7pm)
Mod 4: Nov 24–26 (Fri–Sun, 1:30–7pm)
Additional virtual hours: 16 hours through Dec to Feb (dates & times TBD)
Online written exam: Jan 27–28, 2024 (Sat–Sun, all day access)
In-person practical exam: Mar 9, 2024 (Sat, 1:30–5pm)

PILATES LEVEL 3: CADILLAC CHAIR SPRINGBOARD BARRELS

Delivery platform: In-Person at Body Harmonics Dupont Studio. Click [here](#) to register.

SPRING–SUMMER DATES

Mod 1: Mar 31–Apr 2 (Fri–Sun 1:30–7pm)
Mod 2: Apr 28–30 (Fri–Sun 1:30–7pm)
Mod 3: May 26–28 (Fri–Sun 1:30–7pm)
Mod 4: Jun 23–25 (Fri–Sun 1:30–7pm)
Additional virtual hours: 16 hours through Jul to Sep (dates & times TBD)
Online written exam: Jul 22–23 (Sat–Sun, all day access)
In-person practical exam: Sep 30 (Sat, 1:30–5pm)

FALL–WINTER DATES

Mod 1: Sep 29–Oct 1 (Fri–Sun 1:30–7pm)
Mod 2: Oct 27–29 (Fri–Sun 1:30–7pm)
Mod 3: Nov 17–19 (Fri–Sun 1:30–7pm)
Mod 4: Dec 8–10 (Fri–Sun 1:30–7pm)
Additional virtual hours: 16 hours through Jan to Mar (dates & times TBD)
Online written exam: Feb 10–11, 2024 (Sat–Sun, all day access)
In-person practical exam: Mar 23, 2024 (Sat, 1:30–5pm)

EDUCATION CALENDAR

Toronto, 2023



CONTINUING EDUCATION

Some classroom hours will be delivered in-person and some will be streamed live via Zoom from Toronto, Canada. The hours are Eastern Standard Time (EST).

- [Anatomy for Motion: Online](#)
Jan 7, Sat, 1–7pm
- [Neurophysiology 101: Online](#)
Jan 13–15, Fri, 4–8pm & Sat–Sun, 10am–2pm
- [Self-Care Strategies for Jaw Pain: Online](#)
Jan 20, Fri, 5–7pm
- [Strength, Balance and Fall Prevention for Seniors: Online](#)
Jan 21–22, Sat–Sun, 1–4pm
- [Movement and Exercise for Pregnancy: Online](#)
Jan 28–29, Sat–Sun, 10am–1pm
- [NEW Principles of Rehabilitative Exercise for the Pilates Context: Online](#)
Feb 2, Thurs, 5–8pm
- [Build a Strong and Supple Spine: Online](#)
Feb 3, Fri, 4–7pm
- [Power and Balance for Hip and Knee: Online](#)
Feb 4, Sat, 1–4pm
- [Simplifying the Shoulder Complex: Online](#)
Feb 5, Sun, 1–4pm
- [Post-Rehab Protocols: Spine: Online](#)
Feb 10–12, Fri, 4–8pm & Sat–Sun, 1–5pm
- [Ultimate Reformer: Repertoire + Jumpboard: In-Person](#)
Feb 11, Sat, 1:30–7:30pm
- [Successful Strategies for Training Male Clients: Online](#)
Feb 17, Fri, 4–7pm
- [Towards a Healthy Pelvic Floor: Online](#)
Feb 25–26, Sat–Sun, 10am–1pm
- [Pre- and Post-Rehab Solutions for Knee Replacements and ACL Reconstruction: Online](#)
Mar 3, Fri, 4–7pm
- [Osteopenia, Osteoporosis and Orthopaedic Health: Online](#)
Mar 4, Sat, 11am–5pm
- [Running Mechanics and Protocols: Online](#)
Mar 9, Thurs, 5–8pm
- [NEW Understanding Stroke: Online](#)
Mar 24, Fri, 5–7pm
- [Anatomy for Motion: Online](#)
Mar 25, Sat, 1–7pm
- [Post-Natal Reconditioning and Diastasis Recti Repair: Online](#)
Mar 25–26, Sat–Sun, 10am–1pm
- [Cervical Spine Mechanics and Protocols: Online](#)
Mar 30, Thurs, 4–8pm
- [Unlock the Mighty and Mysterious Psoas: Online](#)
Apr 21–22, Fri, 4–7pm & Sat, 1–4pm
- [Mapping Your Muscles: In-Person](#)
Apr 22, Sat, 1–7pm
- [NEW Working with Parkinson's Disease: Online](#)
Apr 28, Fri, 5–7pm
- [Hip Replacements: Online](#)
May 5, Fri, 4–7pm
- [Arthritis: The Modern Epidemic: Online](#)
May 6–7, Sat–Sun, 10am–1pm
- [Post-Rehab Protocols: Hip and Knee: Online](#)
May 13–14, Sat–Sun, 10am–4pm
- [NEW Working with Multiple Sclerosis: Online](#)
May 26, Fri, 5–7pm
- [Vertical Repertoire: In-Person](#)
May 27–28, Sat–Sun, 1–7pm
- [Ethical and Conscious Touch: In-Person](#)
Jun 2, Fri, 4–7pm
- [Foot and Ankle: The Body's Spring System: Online](#)
Jun 3–4, Sat–Sun, 10am–1pm
- [Upper Cervical Spine: Online](#)
Jun 8, Thurs, 4–7pm
- [Postural Analysis Foundations: Online](#)
Jun 9–11, Fri, 4–8pm & Sat–Sun, 1–5pm
- [Ultimate Mat: Repertoire Plus: In-Person](#)
Jun 17, Sat, 1–7pm
- [NEW Working with Spinal Cord Injuries: Online](#)
Jun 23, Fri, 5–7pm
- [Gait Analysis: Online](#)
Jul 14, Fri, 1–7pm
- [Breathing Mechanics and Protocols: Online](#)
Jul 20–21, Thurs–Fri, 4–7pm
- [NEW Wunda Chair Repertoire: Online](#)
Aug 10, 17, 24, Thurs, 4–8pm
- [Anatomy for Motion: Online](#)
Sep 9, Sat, 1–7pm
- [Handedness and Scoliosis: Online](#)
Sep 9–10, Sat–Sun, 1–4pm
- [Add Strength Training to Your Pilates Practice: Online](#)
Sep 23, Sat, 1–4pm
- [Myofascial Lines of Movement: Online](#)
Oct 13–15, Fri, 4–8pm & Sat–Sun, 1–5pm
- [Balance Apparatus: Pilates Props with Purpose: In-Person](#)
Oct 14, Sat, 1–7pm
- [Resistance Apparatus: Pilates Props with Purpose: In-Person](#)
Oct 15, Sun, 1–7pm
- [Pain 101: Online](#)
Oct 20, Fri, 4–7pm
- [How to Help the Hypermobile Body: Online](#)
Oct 21, Sat, 1–4pm
- [Postural Analysis – Advanced: Online](#)
Nov 3–5, Fri, 4–8pm & Sat–Sun, 1–5pm
- [Build a Strong and Supple Spine: Online](#)
Nov 10, Fri, 4–7pm
- [Power and Balance for Hip and Knee: Online](#)
Nov 11, Sat, 1–4pm
- [Simplifying the Shoulder Complex: Online](#)
Nov 12, Sun, 1–4pm
- [NEW Balance Systems and Vestibular Integration: Online](#)
Nov 17, Fri, 5–7pm
- [Post-Rehab Protocols: Shoulder: Online](#)
Dec 2–3, Sat–Sun, 10am–4pm
- [Sacroiliac Joint: The Critical, Functional Link: Online](#)
Dec 9–10, Sat–Sun, 1–4pm

[CLICK HERE TO REGISTER](#)