

EDUCATION CALENDAR

Italy, 2024



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 3: CADILLAC CHAIR SPRINGBOARD BARRELS

Module 1: Jan 27–28 (Sat–Sun, 9am–7pm)

Module 2: Feb 24–25 (Sat–Sun, 9am–7pm)

Module 3: Mar 23–24 (Sat–Sun, 9am–7pm)

Module 4: Apr 13–14 (Sat–Sun, 9am–7pm)

Online written exam: TBA

In-person practical exam: TBA

PILATES LEVEL 2: REFORMER

Module 1: Apr 27–28 (Sat–Sun, 9am–7pm)

Module 2: May 11–12 (Sat–Sun, 9am–7pm)

Module 3: Jun 8–9 (Sat–Sun, 9am–7pm)

Module 4: Jul 22–23 (Sat–Sun, 9am–7pm)

Online written exam: TBA

In-person practical exam: TBA

CONTINUING EDUCATION

- [Vertical Repertoire](#)

Sat–Sun, Feb 10–11, 9–3pm

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

Sat, Mar 9, 9am–12pm

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

Sat, Mar 9, 1–4pm

- [Simplifying the Shoulder Complex](#)

Sun, Mar 10, 9am–12pm

- [Balance Apparatus: Pilates Props with Purpose](#)

Sat, May 18, 9am–3pm

- [Resistance Apparatus: Pilates Props with Purpose](#)

Sun, May 19, 9am–3pm

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