

EDUCATION CALENDAR

Sault Ste. Marie, 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.

All courses will be held in-person at Empower Bodyconnex, 677 Queen Street East, Sault Ste. Marie, ON P6A 2A6

PILATES LEVEL 1: MAT

Anatomy for Motion and Module 1: Feb 9–11 (Fri, 1–8pm, Sat–Sun, 11am–6pm)

Module 2: Mar 1–3 (Fri, 1–8pm, Sat–Sun, 11am–6pm)

Module 3: Mar 22–24 (Fri, 1–7pm, Sat–Sun, 11am–5pm)

Module 4: Apr 13–14 (Sat–Sun, 11am–5pm)

Online written exam: Apr 20–21 (all day access)

Online practical exam: Apr 28 (Sun, 10am–1pm)

Anatomy for Motion and Module 1: Oct 4–6 (Fri, 1–8pm, Sat–Sun, 11am–6pm)

Module 2: Oct 25–27 (Fri 1–8pm, Sat–Sun 11am–6pm)

Module 3: Nov 8–10 (Fri 1–7pm, Sat–Sun 11am–5pm)

Module 4: Nov 30–Dec 1 (Sat–Sun, 11am–5pm)

Online written exam: Dec 7–8 (all day access)

Online practical exam: Dec 15 (Sun, 10am–1pm)

CONTINUING EDUCATION

[Strength Training: Principles and Application](#)

Sat, Jan 27, 2024, 11am–3pm

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

Fri, May 24, 4–7pm & Sat, May 25, 12–3pm

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

Fri, Jun 7, 4–7pm & Sat, Jun 8, 12–3pm

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