

BECOME A CERTIFIED PILATES TEACHER

PILATES LEVEL 1: MAT

Click [here](#) to register.

Live Online via Zoom

Mod 1: Jan 12–14 (Fri–Sun, 10am–4pm)

Mod 2: Jan 26–28 (Fri–Sun, 10am–4pm)

Mod 3: Feb 9–11 (Fri–Sun, 10am–4pm)

Mod 4: Feb 23–24 (Fri–Sat, 10am–4pm)

Online written exam: Mar 2–3 (full weekend access)

Online practical exam: Mar 10 (Sat, 10am–1:30pm)

Live Online via Zoom

Mod 1: Mar 22–24 (Fri–Sun, 1–7pm)

Mod 2: Apr 5–7 (Fri–Sun, 1–7pm)

Mod 3: Apr 19–21 (Fri–Sun, 1–7pm)

Mod 4: May 3–4 (Fri–Sat, 1–7pm)

Online written exam: May 10–12 (full weekend access)

Online practical exam: May 25 (Sat, 10am–1:30pm)

In-Person at Body Harmonics Eglinton Studio

Mod 1: Mar 22–24 (Fri–Sat, 1:30–7:30pm, Sun, 10am–4pm)

Mod 2: Apr 5–7 (Fri–Sat, 1:30–7:30pm, Sun, 10am–4pm)

Mod 3: Apr 19–21 (Fri–Sat, 1:30–7:30pm, Sun, 10am–4pm)

Mod 4: May 3–4 (Fri–Sat, 1:30–7:30pm)

Online written exam: May 11–12 (full weekend access)

Online practical exam: May 25 (Sat, 1:30–5pm)

Live Online via Zoom

Part 1: Jul 8–13 (Mon–Sat, 10am–4pm)

Part 2: Jul 15–19 (Mon–Fri, 10am–4pm)

Online written exam: Jul 27–28 (full weekend access)

Online practical exam: Aug 10 (Sat, 10am–1:30pm)

Live Online via Zoom

Mod 1: Sep 20–22 (Fri–Sun, 1–7pm)

Mod 2: Oct 4–6 (Fri–Sun, 1–7pm)

Mod 3: Oct 18–20 (Fri–Sun, 1–7pm)

Mod 4: Nov 1–2 (Fri–Sat, 1–7pm)

Online written exam: Nov 9–10 (full weekend access)

Online practical exam: Nov 16 (Sat, 10am–1:30pm)

Live Online via Zoom

Part 1: Dec 2–7 (Mon–Sat, 1–7pm)

Part 2: Dec 9–13 (Mon–Fri, 1–7pm)

Online practical exam: Dec 21 (Sat, 10am–1:30pm)

Online written exam: Dec 22–31 (any time access)

PILATES LEVEL 2: REFORMER

Click [here](#) to register.

In-Person at Body Harmonics Eglinton Studio

Mod 1: Mar 22–24 (Fri–Sun, 1:30–7:30pm)

Mod 2: Apr 12–14 (Fri–Sun, 1:30–7:30pm)

Mod 3: May 3–5 (Fri–Sun, 1:30–7:30pm)

Mod 4: May 31–Jun 2 (Fri–Sun, 1:30–7:30pm)

Exam preparation labs: virtual meetings on Jun 14, 21, 28 (6–8pm), in-person meeting on Aug 24 (1:30–5:30pm)

Online written exam: Jul 6–7 (full weekend access)

In-person practical exam: Sep 14 (Sat, 1:30–5pm)

In-Person at Body Harmonics Dupont Studio

Mod 1: Apr 5–7 (Fri–Sun, 1:30–7:30pm)

Mod 2: May 3–5 (Fri–Sun, 1:30–7:30pm)

Mod 3: May 31–Jun 2 (Fri–Sun, 1:30–7:30pm)

Mod 4: Jun 21–Jun 23 (Fri–Sun, 1:30–7:30pm)

Exam preparation labs: virtual meetings on Jul 5, 12, 19 (6:30–8:30pm), in-person meeting on Sep 6 (4–8pm)

Online written exam: Jul 27–28 (full weekend access)

In-person practical exam: Sep 28 (Sat, 1:30–5pm)

In-Person at Body Harmonics Dupont Studio

Mod 1: Oct 4–6 (Fri–Sun, 1:30–7:30pm)

Mod 2: Oct 25–27 (Fri–Sun, 1:30–7:30pm)

Mod 3: Nov 15–17 (Fri–Sun, 1:30–7:30pm)

Mod 4: Dec 6–8 (Fri–Sun, 1:30–7:30pm)

Exam preparation labs: virtual meetings on Dec 20, 27, Jan 3, 2025 (6–8pm), in-person meeting on Mar 1, 2025 (1:30–5:30pm)

Online written exam: Jan 11–12, 2025 (full weekend access)

In-person practical exam: Mar 15, 2025 (Sat, 1:30–5pm)

PILATES LEVEL 3: CADILLAC CHAIR SPRINGBOARD BARRELS

Click [here](#) to register.

In-Person at Body Harmonics Dupont Studio

Mod 1: Sep 27–29 (Fri–Sun, 1–7pm)

Mod 2: Oct 18–20 (Fri–Sun, 1–7pm)

Mod 3: Nov 15–17 (Fri–Sun, 1–7pm)

Mod 4: Dec 13–15 (Fri–Sun, 1–7pm)

Written exam preparation lab: Jan 10, 2025 (Fri, 6:30–8:30pm, virtual)

Practical exam preparation labs: Feb 7 and 28, 2025 (Fri, 4–8pm, in-person)

Online written exam: Jan 18, 2025 (full weekend access)

In-person practical exam: Mar 22, 2025 (Sat, 1–5pm)

EDUCATION CALENDAR

Toronto, 2024



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 6, Sat, 1–7pm
- [The Somatic Nervous System and the Sensory Receptors: Online](#)
Jan 13, Sat, 10am–2pm
- [Strength, Balance and Fall Prevention for Active Aging: Online](#)
Jan 20, Sat, 11–5pm
- [Successful Strategies for Training Male Clients: Online](#)
Jan 25, Thurs, 5–8pm
- [The Sensory Systems and Their Role in Motor Control: Online](#)
Jan 27, Sat, 10am–2pm
- [Movement and Exercise for Pregnancy: Online](#)
Jan 27, Sat, 10am–4pm
- [Hip Replacements: Online](#)
Feb 9, Fri, 5–8pm
- [The Motor Systems: Online](#)
Feb 10, Sat, 10am–2pm
- [Running Mechanics and Protocols: Online](#)
Feb 15, Thurs, 5–9pm
- [Self-Care Strategies for Jaw Pain: Online](#)
Feb 16, Fri, 5–7pm
- [Ultimate Reformer: Repertoire + Jumpboard: In-Person](#)
Feb 17, Sat, 1:30–7:30pm
- [NEW Rehabilitative Exercise: Principles and Application: Online](#)
Feb 24, Sat, 11am–5pm
- [Build a Strong and Supple Spine: Online](#)
Feb 29, Thurs, 5–8pm
- [Power and Balance for Hip and Knee: Online](#)
Mar 1, Fri, 5–8pm
- [Simplifying the Shoulder Complex: Online](#)
Mar 2, Sat, 1–4pm
- [Pre- and Post-Rehab Solutions for Knee Replacements and ACL Reconstruction: Online](#)
Mar 7, Thurs, 5–8pm
- [Anatomy for Motion: Online](#)
Mar 9, Sat, 1–7pm
- [Gait Analysis: Online](#)
Mar 23, Sat, 10am–4pm
- [Towards a Healthy Pelvic Floor: Online](#)
Mar 23, Sat, 10am–4pm
- [NEW Working with Stroke: Online](#)
Apr 12, Fri, 5–8pm
- [Ultimate Mat: Repertoire Plus: Online](#)
Apr 13, Sat, 10am–4pm
- [Golf Mechanics and Protocols: Online](#)
Apr 18, Thurs, 5–8pm
- [Osteopenia, Osteoporosis and Orthopaedic Health: Online](#)
Apr 20, Sat, 10am–4pm
- [Post-Rehab Protocols: Spine: Online](#)
Apr 27–28, Sat–Sun, 11am–5pm
- [Mapping Your Muscles: Online](#)
May 4, Sat, 10–4pm
- [NEW Working with Parkinson's Disease: Online](#)
May 10, Fri, 5–8pm
- [Cervical Spine Mechanics and Protocols: Online](#)
May 11, Sat, 11am–5pm
- [Postural Analysis: Foundations: Online](#)
May 24–25, Fri, 1–7pm & Sat, 10am–4pm
- [Pain 101: Online](#)
May 30, Thurs, 5–8pm
- [Foot and Ankle: The Body's Spring System: Online](#)
Jun 1, Sat, 11am–5pm
- [NEW Working with Spinal Cord Injuries: Online](#)
Jun 7, Fri, 5–8pm
- [Post-Natal Reconditioning and Diastasis Recti Repair: Online](#)
Jun 8, Sat, 10am–4pm
- [Arthritis: The Modern Epidemic: Online](#)
Jun 15, Sat, 10am–1pm
- [Post-Rehab Protocols: Hip and Knee: Online](#)
Jun 22–23, Sat–Sun, 10am–4pm
- [Ethical and Conscious Touch: In-Person](#)
Jul 5, Fri, 5–8pm
- [Anatomy for Motion: Online](#)
Jul 6, Sat, 1–7pm
- [Upper Cervical Spine: Online](#)
Jul 18, Thurs, 5–8pm
- [Strength Training: Principles and Application: Online](#)
Sep 13, Fri, 5–9pm
- [Anatomy for Motion: Online](#)
Sep 14, Sat, 1–7pm
- [NEW Balance Systems and Vestibular Integration: Online](#)
Sep 19, Thurs, 6–8pm
- [Working with Scoliosis: Online](#)
Sep 21, Sat, 10–4pm
- [Vertical Repertoire: Online](#)
Sep 28–29, Sat–Sun, 11am–5pm
- [Myofascial Lines of Movement: Online](#)
Oct 4–5, Fri–Sat, 1–7pm
- [NEW Working with Multiple Sclerosis: Online](#)
Oct 18, Fri, 5–8pm
- [Breathing Mechanics and Protocols: Online](#)
Oct 19, Sat, 11am–5pm
- [How to Help the Hypermobile Body: Online](#)
Oct 26, Sat, 12–4pm
- [Postural Analysis: Foundations: Online](#)
Nov 2–3, Sat–Sun, 11am–5pm
- [Unlock the Mighty and Mysterious Psoas: Online](#)
Nov 8, Fri, 4–7pm & Nov 9, Sat, 10am–1pm
- [Build a Strong and Supple Spine: Online](#)
Nov 21, Thurs, 5–8pm
- [Power and Balance for Hip and Knee: Online](#)
Nov 22, Fri, 5–8pm
- [Simplifying the Shoulder Complex: Online](#)
Nov 23, Sat, 1–4pm
- [Anatomy for Motion: Online](#)
Nov 30, Sat, 10–4pm
- [Post-Rehab Protocols: Shoulder: Online](#)
Nov 30–Dec 1, Sat–Sun, 11am–5pm
- [Postural Analysis: Advanced: Online](#)
Dec 7–8, Sat–Sun, 11am–5pm
- [Sacroiliac Joint: The Critical, Functional Link: Online](#)
Dec 14, Sat, 1–7pm

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