



LEARN TO TEACH PILATES

at

THRIVE YOGA & WELLNESS



Beginner Mat Pilates

- Feb 4-5, 2023
Sat & Sun 10am - 6pm

Beginner Mat Pilates is a 16 hour course that will lay the foundation for a career in Pilates. By the end of the weekend, you will have the knowledge and skills to teach a Beginner Mat Pilates class.

Comprehensive Mat & Apparatus Program

- Feb 18-19 (Intermediate Mat)
- April 8 (Advanced Mat)
- April 15-16 (Beginner System)
- May 13-14 (Intermediate System)
- June 10-11 (Intermediate System)
- July 8 (Advanced System & Testing)

The **Comprehensive Mat & Apparatus** training program certifies you to teach private and group sessions on the Classical Pilates apparatus: the Reformer, Cadillac, High Chair, Wunda Chair, Ladder Barrel, Spine Corrector, Magic Circle, Pedipul, and more. You will have the knowledge to train individuals of any age, gender, fitness level, or physical condition. The training fee includes manual, training weekends, test-outs, meetings, observation/ practice hours, and online videos.

**EARLY BIRD
COMPREHENSIVE
DISCOUNT
\$500 OFF**

Register prior to
APRIL 1, 2023

Contact info@classicalpilateseducation.com to inquire about scholarships and payment plans.

Pricing

- \$500 Beginner Mat
- \$1200 All Inclusive Mat (Beg/Int/Adv)
- \$5000 Comprehensive Mat & Apparatus

Teacher Trainer: Bambi Watt

\$500 Discount on Comprehensive Mat & Apparatus if Register by April 1, 2023



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CLASSICAL PILATES EDUCATION