

Learn to TEACH PILATES at the Mindful Body

Pilates Mat

BEGINNER MAT Sat. & Sun.
JAN 13-14, 2024 9:00 am - 5:00 pm

Comprehensive Apparatus

FEB 10-11, 2024 Sat. & Sun.
MAR 9-10, 2024 9:00 am - 6:00 pm
APR 13-14, 2024
MAY 18-19, 2024
JUNE 8-9, 2024



PILATES MAT TRAINING

Pilates Mat Training is the foundation of Classical Pilates Education as Pilates Mat is the foundation of Joseph Pilates' method. Learn to teach private and group Pilates Mat classes in a safe, effective manner. Learn how to modify and progress exercises based on individual needs and goals. Explore how to incorporate props like the magic circle, ball, and foam roller to keep Mat Classes fun and challenging.

COMPREHENSIVE TRAINING

Comprehensive Training will educate you to teach private and group Mat & Apparatus sessions to individuals of any fitness level or background. This 600 hour course will prepare you for the Pilates Method Alliance Exam and will enhance your teaching skills to ensure a successful career in the field of Pilates. The Beginner Mat is a pre-requisite to the Comprehensive. The Comprehensive includes Intermediate and Advanced Mat.



CLASSICAL PILATES EDUCATION



Megan DuPont
Teacher Trainer

PRICING

BEGINNER MAT	\$500
COMPREHENSIVE APPARATUS	\$4,500
TOTAL	\$5000

***Early Bird Discount:**
Sign Up by JAN 1 to Receive \$500 Off!*
\$4500 for the Beginner Mat & Comprehensive

Email us for Student Discounts / Scholarship opportunities!

TO REGISTER

WWW.CLASSICALPILATESEducation.COM Online
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THE MINDFUL BODY

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