



CLASSICAL PILATES EDUCATION
 CERTIFY Your Career
 ENHANCE Your Studio

GET CERTIFIED

TO TEACH PILATES!



BEGINNER MAT

June 24-26, 2016

Beginner / Intermediate Mat Hours:

Friday 2-6pm,
 Saturday 12-6pm, Sunday 9-3pm

INTERMEDIATE MAT

September 9-11, 2016

Advanced Mat Hours:

Friday 2-6pm,
 Saturday 12-3pm

ADVANCED MAT

December 2-3, 2016

COMPREHENSIVE

August 5-7

September 9-11

October 7-9

November 4-6

December 2-4

Comprehensive Hours:

Fridays 2-7pm, Saturdays 12-7pm,
 Sundays 9-3pm



The **BEGINNER MAT** training is a 16 hour course that will lay the foundation for your career in Pilates. You will learn the fundamental Pilates movements, basics of anatomy, essential teaching skills, and strategies. By the end of the weekend, you will have the teaching skills required to teach a safe, effective Beginner Pilates Mat class. **Note:** The Beginner Mat is the prerequisite to the Comprehensive program.

The **INTERMEDIATE MAT** training is a 16 hour course that solidifies the skills that were introduced in the Beginner Mat Training. In addition, you will gain experience working with props such as the Magic Circle, Physio Ball, and Foam Roller. By the end of the weekend, you will have the tools to teach a safe, effective multi-level Intermediate Pilates Mat class.

The **ADVANCED MAT** training is a 9 hour course that builds upon the Classical Pilates foundation established in the previous trainings. You will learn the advanced exercises that will challenge the most experienced students, as well as modifications for special populations. You will continue refining your voice, touch, and cueing skills. By the end of the weekend, you will be a fully certified Classical Pilates Education Mat instructor!

The **COMPREHENSIVE** training Program includes five 18 hour training weekends that span over a 6 month period, four practical exams, five monthly meetings, and access to a training center for observation and practice. Upon completion, you will be certified to teach group and private sessions on all of the Classical Pilates apparatus, including the Reformer, Cadillac, Chairs, Barrels, Magic Circle, Pedipul and more. You will have the knowledge to pursue a part-time or full-time career in Pilates. **Note:** The Intermediate Mat and Advanced Mat are included in the Comprehensive program.

PRICING

BEGINNER MAT	\$500
INTERMEDIATE MAT	\$500
ADVANCED MAT	\$250
COMPLETE MAT: Beginner, Intermediate, Advanced	\$1000
COMPREHENSIVE	\$4000

- * The pre-requisite to the Comprehensive is Beginner Mat.
- * Ask about Student (full time high school & college students).
- * Ask about our scholarships and discounts to instructors!
- * Early Bird Discount: Register more than 1 month prior to course to take \$100 Off Beginner Mat and \$250 Off Comprehensive!



Classical Pilates Education is a registered school with the Pilates Method Alliance.

HOW TO REGISTER

Register online : www.classicalpilateseducation.com

Email to inquire about a flexible payment plan: with [info@classicalpilateseducation.com!](mailto:info@classicalpilateseducation.com)

ABSOLUTION PILATES

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