



## Have an idea for a custom course?

Call the studio at (952) 405-9765 or  
email [info@paragonpilatespt.com](mailto:info@paragonpilatespt.com) and let us know!

### **Pilates teaching technique courses**

Mastering the Art of Pilates Program Design  
Pilates and physical therapy rehabilitation for all orthopedic conditions  
Pilates instructor training for rehabilitation  
Dance Medicine and special programming for dancers  
Mentor Series covering multiple topics for Pilates teachers  
The Fascial Sling System in the Pilates environment  
Prenatal and postpartum Pilates  
Anatomy in 3D

### **Pilates equipment courses**

Toys series for Pilates matwork using balls, therabands, magic circle, and foam rollers  
Pilates Orbit  
Pilates ARC on the mat and reformer  
Bodhi  
MOTR  
CoreAlign

### **Dance medicine topics**

Special programming for dancers and dance teachers  
Mentor Series covering multiple topics for dance teachers  
[Ask the Expert Events](#) with the Minnesota Dance Medicine Foundation

### **Physical therapy topics**

ACL prevention training programs  
CoreAlign for the Physical Therapist  
Pilates instructor training for the Physical Therapist  
Posture and body mechanics and how they relate to overuse and injury  
Sports specific training for high schools, colleges and universities  
Whole Body Kinesiology Therapeutic Taping (CA Education Connection)