Balanced Body Pilates Teacher Training

Movement Principles
*First point of entry for all Pilates Training Programs

Mat Training

- Mat 1
- Mat 2
  Prerequisite: Mat 1
- Mat 3
  Prerequisite: Mat 2
- Mat Test-Out

*Anatomy is recommended for Mat training, but not required

Reformer Training

- Reformer 1
- Reformer 2
  Prerequisite: Ref 1
- Reformer 3
  Prerequisite: Ref 2
- Anatomy in Three Dimensions
  (if needed)
- Reformer Test-Out

Mat + Reformer Training

- Mat 1
- Reformer 1
- Mat 2
  Prerequisite: Mat 1
- Reformer 2
  Prerequisite: Ref 1
- Mat 3
  Prerequisite: Mat 2
- Reformer 3
  Prerequisite: Ref 2
- Anatomy in Three Dimensions
  (if needed)
- Mat & Reformer Test-Out

Comprehensive Pilates Training

- Mat 1
- Reformer 1
- Mat 2
  Prerequisite: Mat 1
- Reformer 2
  Prerequisite: Ref 1
- Mat 3
  Prerequisite: Mat 2
- Reformer 3
  Prerequisite: Ref 2
- Trapeze Table / Cadillac
  Prerequisite: Reformer 2
- Chair & Barrels
  Prerequisite: Reformer 2
- Anatomy in Three Dimensions
  (if needed)
- Comprehensive Test-Out

Test-outs run annually: Spring & Fall
(alternate test-out dates available upon request)