

## TEACHER TRAINING CALENDAR SAULT STE. MARIE 2020

Jade Wellness Studio 677 Queen St. East, Sault Ste. Marie, ON P6A 2A6

### Pilates Teacher Training

Jumpstart your Pilates Teacher career

#### Pilates Level 2: Reformer

Take your clients and your career to the next level by learning to teach functional and challenging reformer group classes and one-on-one sessions with skill and confidence. Pilates Level 2: Reformer is the second step of our Body Harmonics Pilates Comprehensive Track.

**Module 1:** Oct 2-4, 10am-4pm

**Module 2:** Oct 23-25, 10am-4pm

**Module 3:** Nov 13-15, 10am-4pm

**Module 4:** Nov 27-29, 10am-4pm

Tuition: \$2,812.50 + Exams: \$300 + Materials: \$300

Flexible 3-month payment plan is available. Email [teachertraining@bodyharmonics.com](mailto:teachertraining@bodyharmonics.com).

Register TODAY  
to save your spot

[bodyharmonics.com/training/schedule/  
teachertraining@bodyharmonics.com](https://bodyharmonics.com/training/schedule/teachertraining@bodyharmonics.com)

Note: All prices are subject to HST.

### Continuing Education

Enhance your knowledge and skills

#### Build a Strong and Supple Spine

Sat, Sep 19 | 10am-1pm | CECs: 3 | Fee: \$140

#### Power and Balance for Hip & Knee

Sat, Sep 19 | 2-5pm | CECs: 3 | Fee: \$140

#### Simplifying the Shoulder Complex

Sun, Sep 20 | 10am-1pm | CECs: 3 | Fee: \$140

#### Vertical Repertoire

Sat-Sun, Dec 5-6 | 9am-3pm | CECs: 12 | Fee: \$550

Manuals: \$120

“ I absolutely love your courses, perspective on movement and how you integrate your knowledge for such functional movement. ”

— Danielle

“ Fabulous program!

A wealth of info put into practice. ”

— Diane

Learn more at [bodyharmonics.com/training](https://bodyharmonics.com/training)