

2018 Guelph Teacher Training Calendar

■ Beginner ■ Intermediate ■ Advanced

January	February	March	April
Resistance Apparatus Jan 19 (Fri, 1-7pm)	Anatomy in Motion Feb 3 (Sat, 1:30-7:30pm)	Vertical Repertoire Mar 2, 3 (Fri-Sat, 1-7pm)	Pilates Level 1: Mat Module 3 Apr 6, 7 (Fri-Sat, 1-7pm)
Pilates Level 2: Reformer Module 1 Jan 26, 27, 28 (Fri-Sun, 1-7pm)	Pilates Level 2: Reformer Module 2 Feb 9, 10, 11 (Fri-Sun, 1-7pm)	Pilates Level 1: Mat Module 2 Mar 9, 10, 11 (Fri-Sun, 1-7pm)	Pilates Level 1: Mat Module 4 Apr 20, 21 (Fri-Sat, 1-7pm)
	Pilates Level 1: Mat Module 1 Feb 23, 24, 25 (Fri-Sun, 1-7pm)	Pilates Level 2: Reformer Module 3 Mar 23, 24, 25 (Fri-Sun, 1-7pm)	Pilates Level 2: Reformer Module 4 Apr 27, 28 (Fri-Sat, 1-7pm)

May	June	July	August
Postural Analysis May 25, 26 (Sat-Sun, 1-7pm)	Hip Replacements Jun 1 (Fri, 1-7pm)	Breathing Mechanics and Protocols Jul 20 (Fri, 1-7pm)	Pilates Level 3: Cadillac, Chair, Springboard and Barrels Part 2 Aug 31, Sep 1, 2, 3 (Fri-Mon, 12-7pm)
	Gait Analysis Jun 2 (Sat 1-7pm)	Pilates Level 2: Reformer Module 4 Jul 14 (Tue 1-7pm)	
	Pilates Level 3: Cadillac, Chair, Springboard and Barrels Part 1 Jun 8, 9, 10 11, 12 (Fri-Mon, 12-7:30pm)		

September	October	November	December
Balance Apparatus Sep 14 (Fri, 1-7pm)	Towards a Healthy Pelvic Floor Oct 5 (Fri, 1-4pm)	Cervical Spine Mechanics and Protocols Nov 2 (Fri, 1-4pm)	
Anatomy in Motion Sep 15 (Sat 1:30-7:30pm)	Movement and Exercise for Pregnancy Oct 6 (Sat, 1-7pm)	Pilates Level 1: Mat Module 4 Nov 16, 17 (Fri-Sat, 1-7pm)	
Unlock the Mighty and Mysterious Psoas Sep 21 (Fri, 1-7pm)	Pilates Level 1: Mat Module 2 Oct 12, 13, 14 (Fri-Sun, 1-7pm)	Foot and Ankle: The Body's Spring System Nov 30 (Fri, 1-7pm)	
Pilates Level 1: Mat Module 1 Sep 28, 29, 30 (Fri-Sun, 1-7pm)	Pilates Level 3: Cadillac, Chair, Springboard and Barrels Part 2 Oct 19, 20 (Fri-Sat, 12-7pm)		
	Pilates Level 1: Mat Module 3 Oct 26, 27 (Fri-Sat, 1-7pm)		

Stay tuned for 2019 dates!

Myofascial Lines of Movement January 2019	Sacroiliac Joint: The Critical, Functional Link June 2019	Ultimate Mat Reformer: Repertoire + Jumpboard October 2019	Make your own training schedule! Can't commit to scheduled dates or prefer learning at your own pace? Private Tutorials are your best bet! They can be arranged any time of the year and tailored to your needs.
Handedness and Scoliosis May 2019	Ultimate Mat: Repertoire Plus October 2019	Post-Natal and Abdominal Reconditioning October 2019	