

Wednesday, January 18, 2012

Pilates Mat Certification

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Learn to teach the foundational, beginner and intermediate exercises of Sanctuary Pilates Matwork as well as learn to analyze bodies in the Artibee Method. Training dates are intensive and include all manuals and supporting materials. Self practice, observation and student teaching hours are required for a Sanctuary Mat Certificate. Total Cost \$1100. Sign up with two or more people and receive a 25% discount.

2/4 & 2/5 11am-5pm

2/11 & 2/12 11am-5pm

Work study options may be available. Contact us for more details!

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