

Wednesday, February 16, 2022

## Pilates Comprehensive Certification

Company: Flow Pilates  
Location: Brooklyn, NY  
Compensation: N/A

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Flow Pilates is offering a Comprehensive Pilates Certification beginning March 2021. The Flow Pilates Comprehensive Certification Program is available for individuals that are interested in completing their full Pilates Teacher Certification. The program is broken into multiple modules and completed in 8 months or less. Our goal is to train exceptional instructors that we want to hire. We will lay the foundation providing a deep understanding of anatomy and the principles of Pilates, as well as teach you to be a flexible and intuitive thinker. Our program will also include an in depth therapeutic training that will give you an advanced understanding of back pain, shoulder/hip/knee injuries, pre and postnatal and scoliosis correction. We want you to emerge from our certification with the skills to be a highly successful instructor both in our studios and going forward with any path you choose to take within the wellness industry.

Please email [info@flowpilatesny.com](mailto:info@flowpilatesny.com) to apply.

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