

Wednesday, February 15, 2023

## Pilates Certification - 1 spot left

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

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Flow Pilates has 1 spot left for our Comprehensive Pilates Certification beginning March 2023. It's not too late to apply! The Flow Pilates Comprehensive Certification Program is available for individuals that are interested in completing their full Pilates Teacher Certification. Our goal is to train exceptional instructors that we want to hire. Our program 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 [josandra@flowpilatesny.com](mailto:josandra@flowpilatesny.com) to apply.

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[< back](#)

[previous listing](#) • [next listing](#)