Thursday, July 18, 2024

Aline Pilates Beginner Mat / Full Comprehensive Training

Company: Aline Pilates
Location: Brooklyn, NY
Compensation: XX

Beginner Mat Certification dates and times:

Dates: Monday August 5th 4-7pm & September 2024

In Person or Virtual Options

Cost: $375

Have you ever thought about teaching Pilates?If you are interested in going deeper in your pilates practice or are thinking about becoming a teacher the Mat Training Course is where you begin.

The Beginner Mat Training Course is taught by Carey. You are given an online manual + 6 hours of training in studio with Carey followed by homework. Test Out is 3- 4 weeks after the course. This course is in person or virtual. Both options are available.

*There will be an Intermediate Mat Course the first part of Sept 2024 if you would like to have both trainings.

SIGN UP FOR TEACHER TRAINING

Aline's Teacher Training Mission

Carey has trained dozen of students over the past 8 years in Pilates Mat. The mission has always remained the same...

Aline's teacher training program mission is to teach you how to teach the mat classical system developed by Joe Pilates while focusing on tailoring the sessions to meet the needs of each client in the class. Exercise should be fun, interesting and inspiring. Our program is here to help nurture each teachers unique voice/style to their sessions.

Full Comprehensive 600 hour Program:

The Mat training course are the foundation for the comprehensive Training Program. Carey is training a small group of students starting Sept 2024. It is a program done in 3 modules over a 12-14 month time frame allowing for lots of flexibility with schedules. Please email to set up a call to discuss the program if you are interested.

EMAIL US WITH QUESTIONS

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