

Wednesday, July 24, 2024

Aline Pilates Mat & Full Comprehensive Teacher Training

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

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Beginner Mat Certification dates and times:

Dates: August 5th 4-7pm & Sept 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, then the Mat Training Course is where you begin.

The training includes an online manual + 6 hours of in-studio training with Carey followed by homework. The test out is 3- 4 weeks after the course.

This course is in person or virtual.

*There will be an Intermediate Mat Course the first part of Sept 2024

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 mission teaches 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 cultivate each teacher's unique voice/style to their sessions.

Full Comprehensive 600 hour Program:

The aline comprehensive training program is starting Sept 2024. It consists of a small group of students, and 3 modules over a 12-14 month time frame allowing for flexibility with schedules. Please email to set up a call to discuss the program if you are interested.

Aline Pilates
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For more information:
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