

Friday, September 11, 2015

## CORE MAT I NYC Teacher Training Sept. 11-13

Company: Power Pilates  
Venue: Power Pilates Studios  
Location: New York, NY

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Power Pilates

CORE MAT I NYC  
Teacher Training  
September 11-13, 2015

The Core Mat I program is the foundation of the Power Pilates method. Each subsequent program builds upon the information learned during this course. During this weekend you will learn to teach the 18 beginner level mat exercises and be introduced to Power Pilates teaching tools, philosophy, and teaching formula. Every student new to Power Pilates must start with Core Mat I. Core Mat I & II are required to progress to the Comprehensive program.

Power Pilates  
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Schedule  
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