

# INSTRUCTOR TRAINING



balanced body®

# Mat



Get your Pilates career started here! Mat work is the foundation of the Pilates method, which is essential in exploring, learning, and growing your practice. Our Mat program includes the full repertoire of Pilates exercises with modifications and Balanced Body Movement Principles to give you the power to be a transformative teacher.



**SPACE  
LIMITED-  
REGISTER  
TODAY!**