



Academy of Contemporary Movement - PILATES CHAIR TEACHER TRAINING

DATES COURSE: Friday, 22.09.2023 & Saturday, 23.09.2023 (14 hours)

SELF PRACTICE: 36 hours

HOURS: Fridays from 02.00 PM – 08.30 PM | Saturdays from 09.30 AM – 05.00 PM

LOCATION: Citypilates, Hohlstrasse 509, 8048 Zurich

WHAT WE WILL ACHIEVE TOGETHER IN THIS TRAINING

This 2-day ACM method workshop will teach you contemporary Pilates on the Pilates Chair. You will learn the Pilates Chair equipment introduction & adjustment, assuming the starting positions, over 20 Chair exercises including regressions, progressions, variations and modifications. In addition, we teach you the necessary safety measures and contraindications when working with the Chair.

DIPLOMA

"Pilates Chair Trainer" by ACM® - Academy of Contemporary Movement

REQUIREMENTS: At least 5 completed Pilates Chair classes

PRICE: CHF 580 excl. exam

EXAM: CHF 200

EXAM DATE: By arrangement

REGISTRATION: By mail to info@citypilates.ch or by phone at 044 558 24 54