



## **Academy of Contemporary Movement - PILATES CADILLAC TEACHER TRAINING**

**DATES COURSE:** Friday, 03.11.2023 & Saturday, 04.11.2023 (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 Cadillac. You will learn the Pilates Cadillac equipment introduction & adjustment, assuming the starting positions, over 20 Cadillac exercises including regressions, progressions, variations and modifications. In addition, we teach you the necessary safety measures and contraindications when working with the Cadillac.

### **DIPLOMA**

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

**REQUIREMENTS:** At least 2 completed Pilates Cadillac classes

**PRICE:** CHF 580 excl. exam

**EXAM:** CHF 200

**EXAM DATE:** By arrangement

**REGISTRATION:** By mail to [info@citypilates.ch](mailto:info@citypilates.ch) or by phone at 044 558 24 54