



ONLINE PILATES ANATOMIE ESSENTIALS

Fundamentals of functional anatomy in the Pilates context

Course content:

- Fundamentals of functional anatomy in the Pilates context
- Relationships between joints, muscles and movement patterns
- Applying anatomical knowledge to practice on the mat and on the equipment
- Reflection questions, quiz and learning objectives checks for deeper integration
- Electronic manual and video material for independent study

Format & structur:

- Self-study only (100% online)
- Flexible timing, start at any time

Ideal as preparation for or complement to the ACM Teacher Trainings

Requirements:

- Interest in anatomy and Pilates
- Basic knowledge of movement or Pilates is an advantage, but not mandatory

Prices:

- CHF 320.– when booked in combination with an ACM Teacher Training
- CHF 390.– regular price

Registration or questions:

The English course will be available from March 2026

By e-mail to info@acmovement.ch or by phone at 044 558 24 54