



## REFORMER TEACHER TRAININGS

*Pilates-education on the Reformer with the Academy of Contemporary Movement*

### **Training content:**

- Understanding the basics of the Pilates method
- Teaching over 90 Pilates reformer exercises
- Effective use and modification of the reformer for all levels
- Structured organization of group and private classes
- Professional and successful teaching
- Practical preparation based on a case study
- Detailed script (electronically and in paper), access to all exercise videos

### **Requirements:**

- Pilates mat degree or anatomical knowledge
- At least 20 completed Pilates reformer lessons

*If you are unsure whether your knowledge is sufficient, please contact us at [info@acmovement.ch](mailto:info@acmovement.ch)*

### **Prices:**

- Complete training (modules I to III): CHF 2'200
- Individual modules: CHF 990 per module

*The courses take place with a maximum of 12 participants.*

*If there are fewer than 6 participants, all participants will be requested and the small group price will be applied.*

### **Private training:**

Modules can also be organized privately on request. Price: CHF 1'800 per module (6 hours).

### **Examination:**

- Date to be announced. Exam fee: CHF 200

### **Registration or questions:**

By e-mail to [info@acmovement.ch](mailto:info@acmovement.ch) or by telephone on 044 558 24 54