



## CADILLAC TEACHER TRAININGS

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

### Training content:

- Introduction and adjustment of the Pilates Cadillac
- Adopting the correct starting positions
- Over 30 Cadillac exercises including regressions, progressions, variations and modifications
- Safety measures and contraindications when working with the Cadillac
- Detailed script (electronically and in paper), access to all exercise videos

### Requirements:

- Pilates Teacher
- Previous experience on the Pilates Reformer or Chair

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

### Prices:

- Complete training: CHF 820

*The courses take place with a maximum of 6 participants.*

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

### Private training:

This training can also be organized privately on request. Price: CHF 1'800 per 6 hours.

### Examination:

- No final examination as further training.

### Registration or questions:

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