



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

Prices:

- Complete training (modules I to III): CHF 1'980
- Individual modules: CHF 990 per module

The courses take place with a maximum of 10 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 or by telephone on 044 558 24 54