



CHAIR TEACHER TRAININGS

Pilates-education on the Chair with the Academy of Contemporary Movement

Training content:

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

Requirements:

- Pilates Teacher
- At least 5 completed Pilates Chair lessons

If you are unsure whether your knowledge is sufficient, please contact us at info@acmovement.ch

Prices:

- Complete training: CHF 720

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 or by telephone on 044 558 24 54