**Discover-Move-Inspire**

**Masters In Teaching Pilates**

*Please note that material covered may vary from group to group*

**Section 1**

Daily Workouts

History

Return to Life the Full Mat

Mat Variations

Developing Your Eye- On and off the Pilates Field

Disc Issues and Pilates

“Super Advanced” Reformer

Pilates for Youth

Teaching with Intent and to the Goal

Teaching

Scoliosis and Pilates

Spine Corrector Class

**Section 2-Virtual**

History

Circle of Power Mat Class

An Introduction to “Lolita’s” Mat

Pregnancy and Pilates

Reformer on the Mat

Osteoporosis and Pilates

Business Round Table

Deepen Your Teaching

Historical Guest Artist Workshop

**Section 3**

Daily Workouts

History

More on the Tower

Full /Hanging Cadillac

The Power of Touch

Teaching

Special Interest Pilates Presentations (will vary per group)

Examples:

-sports specific

-equestrian

-hip replacement

- spondylolisthesis

-arthritis

**Online Material Opens by - Sept 2023**

**Online**

Opens Sept 1, 2023

**Virtual**

*Meet and Greet-fall 2023*

*Guest Artist Shares-Until we have this person booked, we cannot say. It is a 2 -day Virtual event*

Session 1

**In Person -Austin Texas**

4 Days

Jan 11-14, 2024

Session 2

**Virtual**

1.June 1-2, 2024, 12ish to 5:30 ish

2. Business Round table -2.5 hours -we will pick as a group a Friday late afternoon evening between Session 2 and session 3

Session 3

**In Person- Dallas Texas**

Dec 3.5 days

Dec 5-8, 2024 (head home Sunday AM)

GRADUATION!