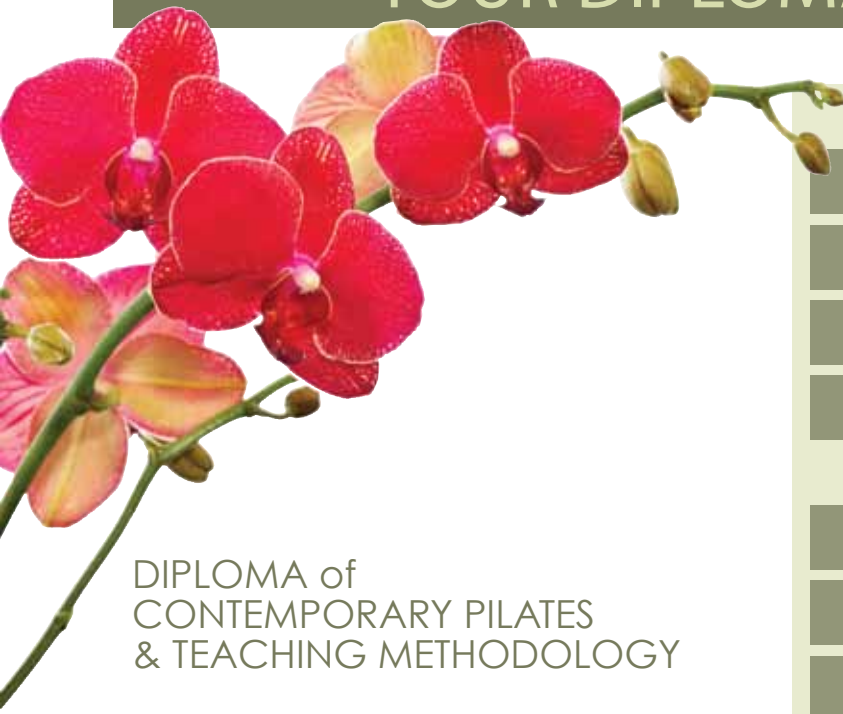


YOUR DIPLOMA PATHWAY



DIPLOMA of CONTEMPORARY PILATES & TEACHING METHODOLOGY

This is a nationally recognised qualification, designed to further the knowledge and skills of current pilates practitioners using a holistic approach.

Certificate IV in Contemporary Pilates & Teaching Methodology is a prerequisite for the Diploma.

CERTIFICATE IV • Cluster I consecutive order

Basic Pilates Anatomy

Pilates Essentials

Remedial Pilates I – Postural Assessment

Pilates Flow

CERTIFICATE IV • Cluster II any order

Remedial Pilates II – Movement Assessment

Functional Pilates Choreography

Tactile Cueing & Kinaesthesia

Market your Pilates Knowledge

DIPLOMA • CORE any order

Pilates Slings I – Myofascial Meridians

Pilates Integration

Pilates & Props I – Roller

Pilates Reformer Essentials

Log Book – 100hrs Self Mastery

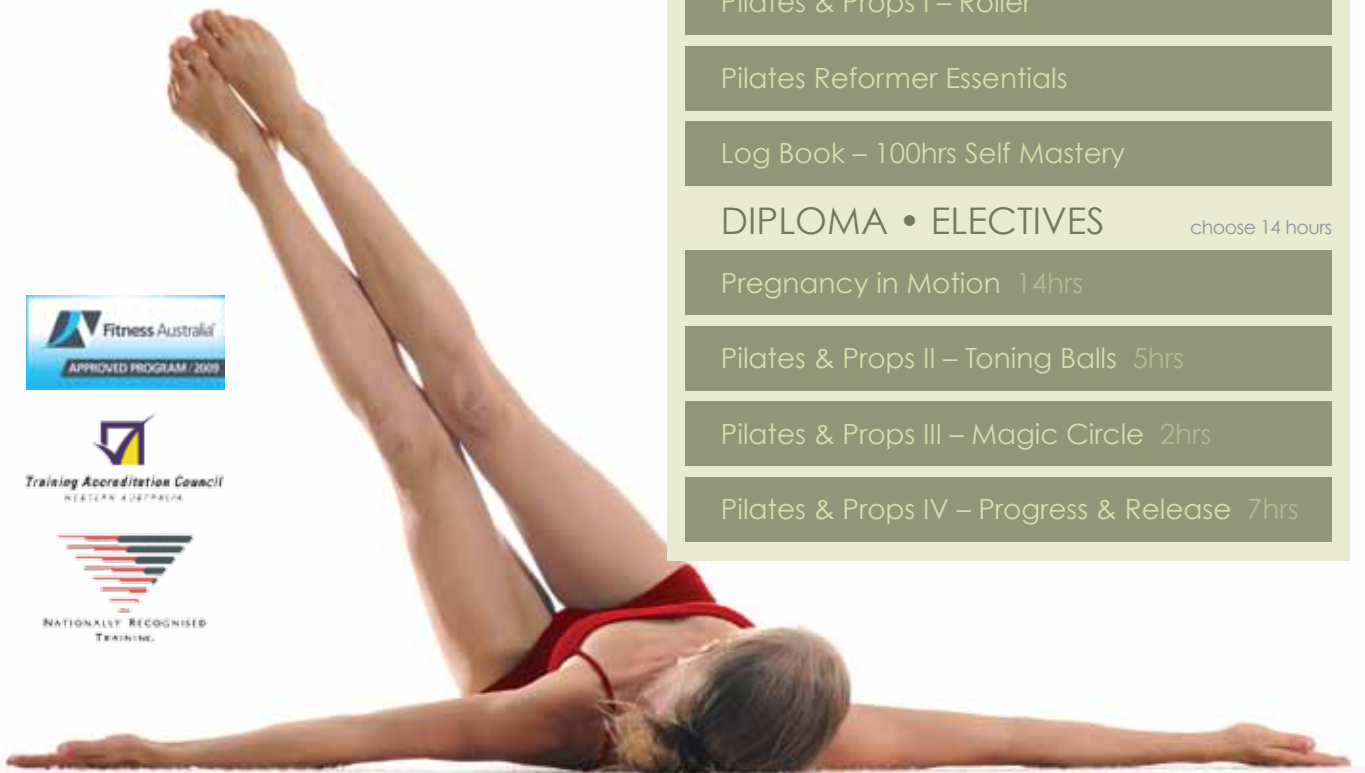
DIPLOMA • ELECTIVES choose 14 hours

Pregnancy in Motion 14hrs

Pilates & Props II – Toning Balls 5hrs

Pilates & Props III – Magic Circle 2hrs

Pilates & Props IV – Progress & Release 7hrs



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An informed decision is a good decision! We are happy to assist you.

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