

the core center™ Pilates Instructor Education
System
2014 Training Dates

Spring 2014 Exploration phase

Weekend 1 Mat work/Basic Level Miscellaneous modalities
February 21-23 held at The Pilates Barre Studio in Edwardsville, IL

Weekend 2 Universal Reformer/Level 1 Miscellaneous
March 21-23 held at Pilates + Yoga in St Louis

Weekend 3 Trapeze Table (Cadillac)/Level 2 Miscellaneous
April 18-20 held at The Pilates Barre Studio in Edwardsville, IL

Weekend 4 Wunda and Combo Chairs/Level 3 Miscellaneous
May 16-18 held at Pilates + Yoga in St Louis

**Summer Embodiment Phase...will be held the weekend of
June 27-29 at Pilates + Yoga in St Louis**

Fall 2014 Integration phase

Weekend 1 Fundamentals/Basic Level August 15-17 will be held at The
Pilates Barre Studio

Weekend 2 Level 1 September 19-21 will be held at Pilates + Yoga

Weekend 3 Level 2 October 17-19 held at The Pilates Barre Studio

Weekend 4 Level 3 November 21-23 held at Pilates + Yoga

Lecture times for all weekends

Friday 4-8 PM

Saturday 11-6 PM

Sunday 11-6 PM