

www.pilatestherapy.co.uk

info@pilatestherapy.co.uk

LOCATIONS	LONDON NW1 8PB	DORSET BH22 9AS	Nr Gatwick RH11 7ST
ONE/TWO-DAY COURSES			
COST	£175 1 day £350 2 day	£145 1 day £290 2 day	£155 1 day £310 2 day
Touch, Massage,TP's	TBC	30/11/19	9/8/19
20 Touches	23/6/19	7/7/19	18/8/19
Nerves	TBC	28/9/19	14/8/19
METS	TBC	1/12/19	13/8/19
Pelvis Hip/Spine *2 <i>day</i>	TBC	31/8 - 1/9/19	10-11/8/19
Shoulders	TBC	6/7/19	15/8/19
Knee and foot *2 <i>day</i>	TBC	8-9/6/19	16-17/8/19
K-taping	22/6/19	29/9/19	12/8/19
<i>Gatwick Course dates are being run consecutively as an intensive bridging course</i>			
LEVEL 1 PILATES THERAPIST			
COST	£1,400, payable in full or as 6 monthly instalments of 4 x £250 & 2 x £200		
PILATES TEACHER TRAINING			
Equipment bridging course	£2,800 payable in full or as 10-monthly instalments of £280.		
Dates:	2019: 14/15 September 19/20 October 9/10 November 7/8 December		
Location: Ferndown	2020: 18/19 January 8/9 February 7/8 March 25/26 April 23/24 May 13/14 June		
Matwork training	£2,500 payable in full or as 10-monthly instalments of £250.		
Dates:	2019: 7/8 June 26/27 July 20/21 September 11/12 October 15/16 November		
Location: Nottingham			
Comprehensive teacher training	£3,800 payable in full or as 10-monthly instalments of £380.		
Credit card payments can be made via Paypal invoice (4% charge) contact us to arrange info@pilatestherapy.co.uk			

PILATES THERAPY 2019/2020 COURSE TIMETABLE

