



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 day | TBC | 31/8 - 1/9/19 | 10-11/8/19 |
| Shoulders | TBC | 6/7/19 | 15/8/19 |
| Knee and foot *2 day | 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