

POLESTAR PILATES

OVER 4,000 TRAINED PROFESSIONALS IN MORE THAN 50 COUNTRIES
TEACHING IN 9 LANGUAGES DURING OUR 20 YEAR JOURNEY

Expand and solidify your business with Pilates teacher training in POLESTAR PILATES MAT

Invest in your future through our innovative program of Pilates exercises,
assessment techniques, movement sequences, and the application of our proven principles.

NORTH DIGHTON, MA

PRINCIPLES 14-15 JAN 2012

M1 11-12 FEB 2012

M2 10-11 MARCH 2012

Learn beginning
through advanced
mat exercises
enabling you to train your
clients of all levels
anytime-anywhere
with out need of
equipment.



Hodgson Physical Therapy & Pilates 600 Old Somerset Ave Suite 2 North Dighton, MA 02764 508-822-1135

Visit polestarpilates.com or call 1-800-387-3651 // 305-666-0037 for more information

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TEACHING IN 9 LANGUAGES DURING OUR 20 YEAR JOURNEY

Expand and solidify your business with Pilates teacher training in POLESTAR COMPREHENSIVE PILATES *for Rehabilitation or Studio*

Invest in your future through our innovative program of Pilates exercises,
assessment techniques, movement sequences, and the application of our proven principles.

In-depth instruction in Pilates
principles, techniques and practices
using the reformer, trapeze table,
ladder barrel, and small props

Must meet pre-requisites



NORTH DIGHTON, MA

Principles 14-15 January 2012

S/R1 24-25 March 2012

S/R2 28-29 April 2012

S/R3 2-3 June 2012

S/R4 7-8 July 2012

S/R5 18-19 August 2012

S/R6 15-16 September 2012

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