COMPREHENSIVE COURSE

Who this course is for

Start your career with the world's most renowned Pilates education. Our comprehensive teacher training will give you the foundation to become a skilled instructor who can confidently guide a variety of clients on all apparatus, adapting programmes to unique needs.

Learning outcomes

- Master the versatile uses of Pilates exercises
- Develop assessment techniques to help your clients make consistent progress on their goals
- Learn to customise workouts for each client's needs, essential for high client retention
- Learn to teach in both group and private settings, broadening your instructing capabilities for a variety of audiences
- Understand the physics of the equipment at a deep level, enabling you to manipulate any apparatus to suit your client's needs
- Learn to safely adapt exercises for injuries and special needs, ensuring responsible and equitable instruction
- Become part of an elite global community of movers
- Access a rich trove of online resources for a deeper dive into Pilates instruction through a blended in-person and online learning experience

In-person Course Dates	Starts 20 September, 2026 (over a 1-year period)
Location	29 7th Avenue, Parktown North, Johannesburg
Tuition	R56 000 (payment plan available)
Certification	Polestar Pilates Diploma (qualifies toward National Pilates Certification Program)
Facilitator	Heidi Wright (F.I.S.T.D. / F.C.U.S.A. / Final Diploma/NCPT)

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