GATEWAY MAT

Who this course is for

Whether you are a Pilates enthusiast looking to deepen your knowledge, a healthcare professional exploring movement-based rehabilitation, or someone considering a new career direction, the Gateway Mat Course offers a low-barrier, high-value entry into the world of Polestar Pilates education.

Learning outcomes

- Understand the six core movement principles that form the foundation of the Polestar method
- Experience and explore the fundamental mat repertoire, from beginner to intermediate level
- Begin developing observation and cueing skills to guide safe, effective movement
- Learn how to assess basic posture and movement patterns using the Polestar framework
- Understand the scope of practice and professional ethics of a Pilates instructor
- Explore how the Polestar method integrates current research in movement science and rehabilitation

In-person Course Dates	24 & 25 October, 2026
Location	29 7th Avenue, Parktown North, Johannesburg
Tuition	R3900
Certification	Receive a Polestar Pilates Gateway attendance certificate. The course also serves as the prerequisite online component for the full Polestar Pilates Mat Course (R 16 500), a seamless first step in your instructor journey.
Facilitator	Nesta Graupner

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