GATEWAY REFORMER

Who this course is for

- Anyone wanting to explore the reformer in depth before committing to the full course
- Pilates enthusiasts and studio clients who want to understand the method behind the machine
- Physiotherapists, biokineticists, and occupational therapists exploring reformer-based rehabilitation
- Personal trainers and existing mat-qualified instructors ready to add reformer to their skills

Learning outcomes

- The mechanics and spring-resistance system of Reformer apparatus
- A foundational reformer repertoire, with modifications for different populations
- How to apply the six Polestar movement principles to equipment-based instruction
- Observation and cueing skills needed for teaching Reformer
- Polestar's screening and safety frameworks, including rehabilitation contexts

In-person Course Dates	12 & 13 September, 2026
Location	29 7th Avenue, Parktown North, Johannesburg
Tuition	R6500
Certification	Receive a Polestar Pilates Gateway attendance certificate. The course also serves as the prerequisite online component for the full Polestar Pilates Reformer Course (R 33 000), giving you a head start on your certification pathway.
Facilitator	Heidi Wright (F.I.S.T.D. / F.C.U.S.A. / Final Diploma/NCPT)

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