MAT COURSE

Who this course is for

This course is suitable for anyone and everyone, from beginners to advanced movers, as well as Pilates practitioners, chiropractors, and physiotherapists looking to build strong foundations in mat-based Pilates.

Learning outcomes

Assess clients using Polestar Screening and Assessment Tools, understand key precautions and contraindications for special populations, and use tactile, verbal, and imagery cueing to support effective teaching. You will also practise class design and learn the reasoning behind a Polestar Pilates exercise programme, graduating into the global Polestar community.

In-person Course Dates	**2026:** 24 May Pre-mat (Gateway) 1 | 28 Jun Mat 1 | 26 Jul Check-off 1 | 30 Aug Module 2 | 6 Sept Module 2 | 4 Oct Check-off 2 | 1 Nov & 6 Dec (if needed)
Location	Polestar Pilates South Africa, 29 7th Avenue, Parktown North, Johannesburg
Tuition	R16 500 (payment plans available)
Certification	Polestar Pilates Diploma (qualifies toward National Pilates Certification Program)
Facilitator	Gloria Agustoni

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