TRANSITION COURSE

Who this course is for

This advanced programme supports experienced Pilates teachers in refining assessment, programme design, and personalised instruction. The focus is on building adaptable, intelligent teaching skills that support long-term client results and professional growth.

Learning outcomes

- Strengthen coaching and client connection
- Design intelligent, connected Pilates programmes
- Apply advanced assessment and evaluation techniques
- Improve client outcomes through targeted instruction
- Deepen biomechanics and anatomy understanding
- Refine cueing and communication skills

Why Transition if you're already qualified?

Your certification likely taught you the exercises. The Polestar Transition Course teaches you how to assess, adapt and programme intelligently for every body. The ability to move beyond memorised sequences and into confident, personalised instruction will guarantee client retention and the success of your studio through the premium and proven Polestar Methodology.

In-person Course Dates	27, 28, 29 & 31 March | 1 & 2 April, 2026
Location	29 7th Avenue, Parktown North, Johannesburg
Tuition	R39 600 (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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