



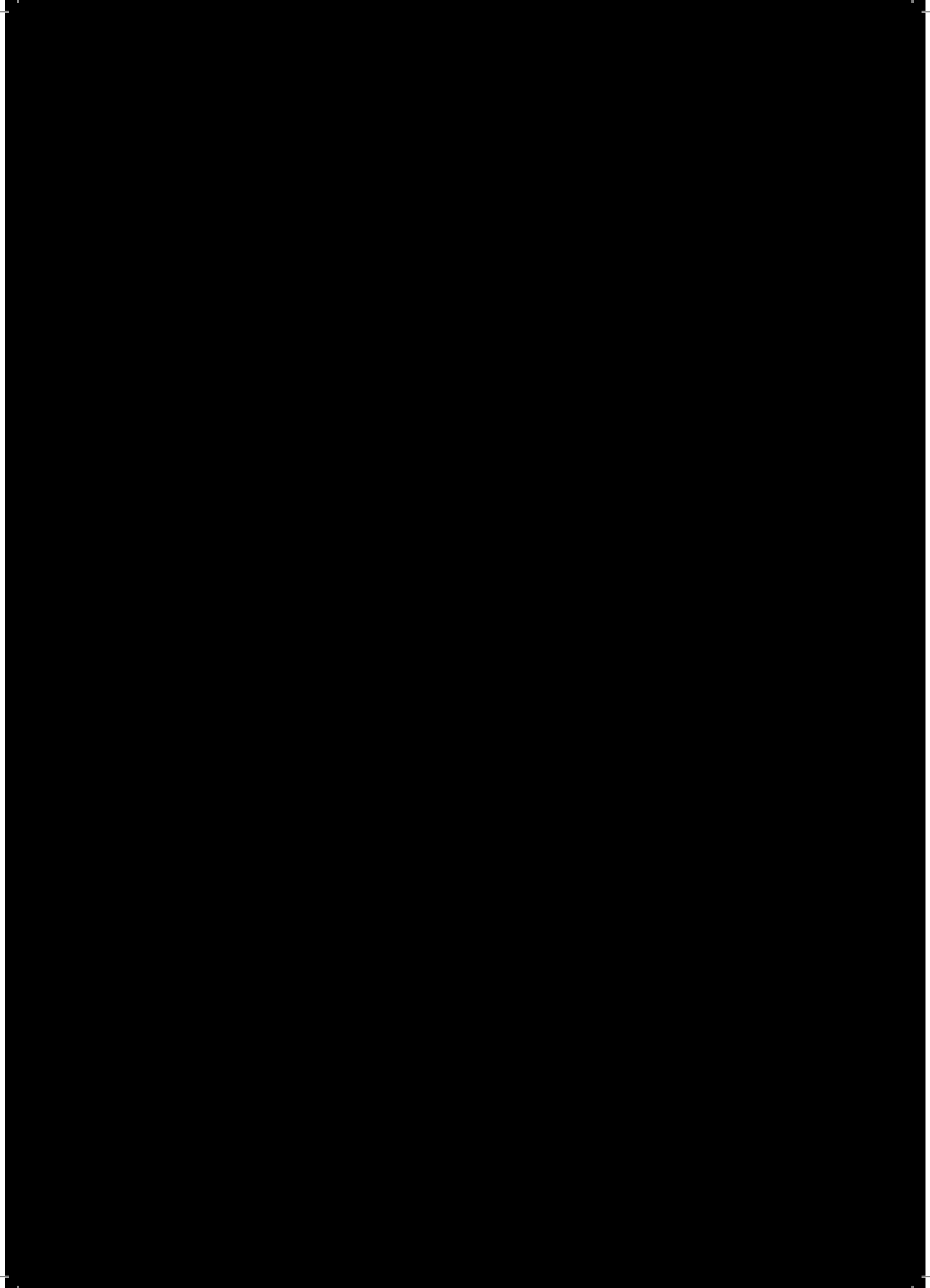
STEP INTO THE LIFE YOU ENVISION

## **BECOME A PILATES INSTRUCTOR**

Master functional anatomy, alignment and core Pilates principles while you build a versatile Reformer repertoire. Learn clear cueing, inclusive language and safe hands-on guidance so you can teach every body—from prenatal to injury rehab. Create engaging 50-minute classes with smart sequencing, props and music, then polish your skills in supervised practice before your final 50-minute assessment. Find your authentic teaching voice and bring Pilates to life!

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STEP INTO THE LIFE YOU ENVISION

## BECOME A PILATES INSTRUCTOR



### TRAINING REDEFINED.

Forge your future as a Reformer Pilates leader—not just an instructor. Our immersive, practice-driven training pairs daily teaching reps with expert mentorship, so you graduate with the voice, presence, and confidence to command any studio. Internationally recognized, instantly employable—step out ready to teach, anywhere life takes you.



### LEARN FROM LEADERS

Train under a world-class team—physiotherapists, industry pioneers, and passionate teachers—all driven to make you exceptional. Founder Nikkii's global experience with celebrities and royalty infuses every session with precision and excellence. With anatomy-savvy guidance and results-focused mentorship, you'll graduate a cut above the rest.



### WHAT YOU'LL LEARN

Master functional anatomy, alignment, and the full Reformer repertoire—then bring it to life with inclusive cueing, smart modifications, and creative 50-minute class design. Supervised labs, feedback, and final assessments ensure you leave ready to lead safe, flowing sessions with confidence and style.

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