



2019 EDUCATION SCHEDULE

Spring

Postural Analysis Review	May 11	12:15-2:15pm
Break Through Exam Fear: Group Exam Prep	May 11	2:30-5:30pm

Summer

INTENSIVE MAT-PLUS	May 3, 4, 5 MAY 17, 18, 19 and June 1 & 2
INTENSIVE CHAIR	June 7, 8, 9
INTENSIVE BARRELS	June 15 & 16
FASCIAL MOVEMENT TRAINING FRI 3:00pm-7:00pm SAT 12:30pm-7:30pm SUN 9:00am-4:00pm	June 28, 29, 30
INJURIES & SPECIAL POPULATIONS THUR/FRI/SAT 12:00pm-7:00pm SUN 9:00am-3:00pm	July 11, 12, 13, 14
ADVANCED MAT	July 20
ADVANCED REFORMER	July 21 July 27, 28
INTENSIVE REFORMER	Aug 2, 3, 4 Aug 16, 17, 18 and Sept 14 & 15 Sept 21 & 22
ADVANCED CADILLAC, CHAIR & BARRELS	Aug 10 & 11

Course details & descriptions online www.bluesparrowpilates.com/teacher-training/



Register online www.bluesparrowpilates.com
education@bluesparrowpilates.com
(415) 398-4425



2019 EDUCATION SCHEDULE

Fall

INTENSIVE MAT-PLUS	Sept 4, 5, 6, 7, 8 Oct 4, 5, 6
INTENSIVE BARRELS	Sept 28 & 29
INTENSIVE CHAIR	Oct 11, 12, 13
INTENSIVE CADILLAC	Oct 25, 26, 27 Nov 16, 17
INTENSIVE REFORMER	Oct 18, 19, 20 Oct 8, 9, 10 and Dec 7, 8 Dec 14, 15
CONTINUING EDUCATION WORKSHOPS Fall Conference: <i>6 workshops over two days</i>	Nov 23 & 24

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