

January	February	March	April
<p>Anatomy in Motion Jan 6 (Sun, 12–6pm)</p> <p>Pilates Mat Work Module 1 <i>Foundations</i> Jan 11-13 (Fri–Sun, 12–7pm)</p> <p>Breathing Mechanics & Protocols <i>with Margot McKinnon</i> Jan 25 (Fri, 12–6pm)</p> <p>Vertical Intensive <i>with Margot McKinnon</i> Jan 26-27 (Sat-Sun, 12–6pm)</p>	<p>Pilates Mat Work Module 2 <i>Classics & Innovations</i> Feb 1-3 (Fri–Sun, 12–7pm)</p> <p>Pilates Reformer Module 1 <i>Foundations</i> Feb 22-24 (Fri–Sun, 12–7pm)</p> <p>Special Offer <i>Register for any 2 continuing education workshops and save 10%!</i></p>	<p>Pilates Reformer Module 2 <i>Intermediate & Advanced</i> Mar 15-17 (Fri–Sun, 12–7pm)</p> <p>Pilates Reformer Module 3 <i>Inovations/Core Integrity</i> Mar 29-31 (Fri–Sun, 12–6pm)</p> <p>Pilates Mat Module 3 <i>Core Integrity</i> Mar 30-31 (Sat–Sun, 12–6pm)</p>	<p>Pilates Mat Module 4 <i>Advanced Teaching Methodologies</i> Apr 13-14 (Sat–Sun, 12–6pm)</p> <p>Pilates Reformer Module 4 <i>Advanced Teaching Methodologies</i> Apr 13-14 (Sat–Sun, 12–6pm)</p> <p>Client Assessment Protocols Apr 27-28 (Sat-Sun, 12–6pm)</p>
May	June	July	August
<p>Movement & Exercise for Pregnancy - Pre/Post-Natal May 19 (Sat, 12–6pm)</p> <p>Osteopenia, Osteoporosis & Orthopedic Health May 20 (Sun, 12–6pm)</p>	<p>NEW Post-Rehabilitative Protocols: Shoulder Jun 9-10 (Sat–Sun, 12–6pm)</p> <p>Post-Rehab Series Discount <i>Register for all 3 Post-Rehab Protocols workshops (Spine, Hip/Knee and Shoulder) and save 20%!</i></p>	<p>NEW Neurophysiology 101 Jul 21-22 (Sat–Sun, 12–6pm)</p>	<p>NEW Ethical & Conscious Touch Aug 10 (Fri, 5–8pm)</p> <p>Core Integrity Aug 11-12 (Sat–Sun, 12–6pm)</p>
September	October	November	December
<p>Comprehensive Program Level 3 <i>Cadillac, Chair, Springboard & Barrels: Module 1</i> Sep 21-23 (Fri-Sun, 12–7pm)</p>	<p>NEW Cervical Spine Mechanics & Protocols Oct 5 (Fri, 2–6pm)</p> <p>Functional Anatomy & Biomechanics: <i>Build a Strong & Supple Spine</i> Oct 5 (Fri, 6–9pm)</p> <p>The Mighty & Mysterious Psoas Oct 6 (Sat, 12–6pm)</p> <p>Sacroiliac Joint: The Critical Functional Link Oct 7 (Sun, 12–6pm)</p> <p>Comprehensive Program Level 3 <i>Cadillac, Chair, Springboard & Barrels: Module 2</i> Oct 19-21 (Fri-Sun, 12–7pm)</p>	<p>Functional Anatomy & Biomechanics: <i>Power & Balance for Hip and Knee</i> Nov 2, (Fri, 5–8pm)</p> <p>Foot & Ankle: The Body's Spring System Nov 3 (Sat 12–6pm)</p> <p>Gait Analysis Nov 4 (Sun, 12–6pm)</p> <p>Comprehensive Program Level 3 <i>Cadillac, Chair, Springboard & Barrels: Module 3</i> Nov 16-18 (Fri–Sun, 12–7pm)</p> <p>Functional Anatomy & Biomechanics: <i>Simplifying the Shoulder Complex</i> Nov 30 (Fri, 5–8pm)</p>	<p>Postural Analysis Dec 1-2 (Sat–Sun, 12–6pm)</p> <p>Comprehensive Program Level 3 <i>Cadillac, Chair, Springboard & Barrels: Module 4</i> Dec 15-16 (Sat–Sun, 12–7pm)</p> <p>SAVE THE DATE Margot is coming in 2019!</p> <p>Vertical Intensive <i>with Margot McKinnon, Body Harmonics Founder</i> Jan 26-27, 12–6pm</p>

Calendar is subject to change. Please visit our website for the most current schedule and details. Published Dec 1, 2017.

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