



Balanced Body<sup>®</sup>

EDUCATION CATALOG



Balanced Body® is your partner in mind  
body fitness.

We work with the best educators in Pilates  
and related disciplines to provide learning  
opportunities that are stimulating,  
personal and deeply rooted in the art and  
science of movement. Learn and grow  
with programs that develop your mind,  
your body and your career.

From instructor training to our renowned  
continuing education workshops and  
Pilates on Tour® conferences, we are  
committed to supporting your personal  
and professional growth.



# Anatomy in Three Dimensions™

(16 HOURS)

Build muscles in clay on a specially designed skeleton, and imprint the body's design deeply into your mind and body.

Anatomy in Three Dimensions™ is an effective, engaging and fun way to learn Anatomy. By building the muscles yourself, a deep understanding of the structure and function of the human body is easily achieved and integrated into your practice.

Anyone who works with the body will come away with a better understanding of joint mechanics, muscle function, muscle relationships and how the body moves. Anatomy in Three Dimensions has helped Pilates and Yoga instructors, personal trainers, massage therapists, health professionals, artists and others gain amazing insights into the body and how it works.

Introductory and advanced level courses are offered around the world at Anatomy in Three Dimension Host sites, studios and conferences including Pilates on Tour. Most courses are approved for CEC's from Pilates Method Alliance (PMA) and American Council on Exercise (ACE).

Visit the Education Finder® at [Pilates.com](http://Pilates.com) for a listing of current classes in the US and around the world or contact us to bring a class to your facility.







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