



Balanced Body[®]

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.



MOTR® Instructor Training

(16 HOURS)

Combining core training, aerobic conditioning, functional strength and balance, MOTR® revs up your classes and brings clients to a new level of fitness.

MOTR® IS PERFECT FOR

- » Group exercise
- » Small group, one on one or in home personal training
- » Movement based rehabilitation
- » Using in combination with Pilates or other mind body practices

Adding MOTR to your existing tool box helps you create new challenges for your classes and clients, expands your practice and puts you at the cutting edge of fitness. Plus it is a blast to learn and super fun to teach.

MOTR® INSTRUCTOR TRAINING INCLUDES

- » Time to experience all of the exercises on the MOTR.
- » Practice teaching and sequencing exercises.
- » Balanced Body Movement Principles to make your teaching more powerful and effective.
- » The Balanced Body Track System to make class programming a snap.
- » A detailed, full color manual with accompanying DVD and streaming video to enhance your learning experience*
- » Workouts and teaching drills to help you feel the full power of the MOTR.

FIND A COURSE NEAR YOU

Courses are offered at Balanced Body MOTR Authorized Training Centers, studios and conferences including Pilates on Tour. Most courses are approved for continuing education from American Council on Exercise (ACE) and Pilates Method Alliance (PMA).

Visit the Education Finder® at pilates.com for a listing of current classes or contact us to bring a training to your studio, fitness club or clinic.

CREATION OF THE MOTR®

MOTR was created by Darya Bronston, a massage therapist, Pilates instructor and fitness enthusiast, who envisioned a fitness product to provide a fun, multi-dimensional workout in a compact, accessible package. MOTR is everything she dreamed of and more!



*Not available in all markets



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