



The exclusive STOTT PILATES® Licensed Training Center in Texas

www.pilatessouthtexas.com

Training Center Address:

CENTER POSE, INC. d/b/a PILATES SOUTH TEXAS
3000 Wesleyan Street, Suite 105
Houston, TX 77027

Contact Information:

Chau Pham-Kid, Owner & Lead Instructor Trainer
(888) 838-3664, ext. 2
info@pilatessouthtexas.com

STOTT PILATES® INTENSIVE PROGRAMS (Level 1)

Schedule: Central Time Zone

STOTT PILATES® ADVANCED PROGRAM (Level 2)

Schedule: Central Time Zone

IMP - Intensive Mat-Plus™, 2nd Edition (40 hrs)

Prerequisites: Desire to learn & instruct the STOTT PILATES® Method

10 Days, 40 Hours (+ 30 minutes buffer time for virtual platform per session) **Virtual**

Sept 12-13, 2024: Thu, Fri 3:00 PM - 7:30 PM
Sept 14-15, 2024: Sat, Sun 1:00 PM - 5:30 PM
Sept 20, 2024: Fri 3:00 PM - 7:30 PM
Sept 21-22, 2024: Sat, Sun 1:00 PM - 5:30 PM
Sept 27, 2024: Fri 3:00 PM - 7:30 PM
Sept 28-29, 2024: Sat, Sun 1:00 PM - 5:30 PM

AM - Advanced Matwork (6 hrs)

Prerequisites: IMP Course

2 Days, 6 Hours (+ 30 minutes buffer time for virtual platform per session) **Virtual**

Oct 5-6, 2024: Sat, Sun 9:00 AM - 12:30 PM

Exam Prep & Programming Tools

Schedule: Central Time Zone

Functional Anatomy for Conscious Movement (20 hrs)

Prerequisites: Desire to learn & integrate with confidence

10 Days, 20 Hours **Virtual**

Sep 12-13, 2024: Thu, Fri 12:00 PM - 2:00 PM
Sep 14-15, 2024: Sat, Sun 10:00 AM - 12:00 PM
Sep 20, 2024: Fri 12:00 PM - 2:00 PM
Sep 21-22, 2024: Sat, Sun 10:00 AM - 12:00 PM
Sep 27, 2024: Fri 12:00 PM - 2:00 PM
Sep 28-29, 2024: Sat, Sun 10:00 AM - 12:00 PM

Postural Analysis & Programming Suggestions for Beneficial Movement (12 hrs)

Prerequisites: Desire to learn & integrate with confidence

3 Days, 12 Hours (+ 30 minutes buffer time for virtual platform) **Virtual**

Nov 15, 2024: Fri 3:00 PM - 7:30 PM
Nov 16-17, 2024: Sat, Sun 2:00 PM - 6:30 PM