



LIMHAMN PILATES INSTRUCTOR EDUCATION COURSES

Instructor Educations 2025

Reformer | Comprehensive | Tower | Chair & Barrel

Become a certified Classical Pilates instructor in a supportive studio environment.

Small group sizes, hands-on learning, real in-studio experience.

 Location: Linnégatan 65D, Limhamn  Website: www.limhamnpilates.se

 Email: limhamnpilates@gmail.com  Phone: 0737 526000 after 15:00 Mon- Fri



Why Choose Limhamn Pilates?

✓ **Small groups for personal attention**

Boutique studio, friendly community

✓ **Hands-on mentorship in-studio**

Mentoring by our Founder and senior instructors

✓ **Structured progress + real teaching practice**

Our Instructor education requires focused study of between 1-3 months in our studio to gain thorough hands on experience to become an expert instructor.

✓ **Focus on Classical technique + somatic principles**

Clear principles that get results.

✓ **Internationally recognised Certification**

Your Certificate will be recognised wherever you go in the world

✓ **Internationally trained lead instructor with over 10 years of teaching experience**

Our principal has been trained and mentored by the best in the industry from USA, Italy, Great Britain and more & holds many international certifications.

📍 Location: Linnégatan 65D, Limhamn 🌐 Website: www.limhamn-pilates.se

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✓ **Trained by 3rd generation Classic Pilates teachers**

Our Principal has been mentored by direct educators of 'The Work', a hand picked group of exceptional calibre instructors, not only in teaching classical Pilates but educating in the method at the highest level

✓ **Not only a certificate but 1-3 months in studio apprenticeship study - not currently available in Sweden**

Unlike other weekend educations, you are required to be in the studio studying, practice teaching and joining our studio classes to both understand the exercises in your own body and understand how to support the body you are teaching. This will cut you apart as a teacher with a depth of experience and learning that's not possible to pick up on a weekend certificate course.

✓ **Limhamn Pilates classes included in education**

Included in your education is a set number of studio classes to work on the understanding of the method in your body.

✓ **Opportunity for successful instructors to work in studio**

We pick the best instructors to work at Limhamn Pilates as our customers deserve the very best there is to offer.

✓ **Visiting International guest trainers**

We have a wide international network of trainers who are willing to appear as guest instructors at our studio and you will be on the priority list to register at these events.

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✓ **Alumni Group**

All our students become part of our instructor Alumni support group for further development

✓ **Professional Education Material**

Highest quality professional education manual

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Contents - Instructor Education

LEVEL: FOUNDATION

1. Reformer - Including Matwork
2. Comprehensive - Reformer, Matwork, Tower
3. Chair & Barrel

LEVEL: BASIC

1. Reformer - Including Matwork
2. Comprehensive - Reformer, Matwork, Tower
3. Chair & Barrel

LEVEL: INTERMEDIATE 1

1. Reformer & Matwork
2. Tower
3. Chair & Barrel

LEVEL: INTERMEDIATE +

1. Reformer & Matwork
2. Tower
3. Chair & Barrel

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1. REFORMER FOUNDATION INCLUDING MATWORK

Requirements to start the course:-

The below are the minimum requirements to be considered for registration.

- ✓ Matwork Instructor Certification **or**
- ✓ 5-10 classes at Limhamn Pilates
- ✓ Assessment PT - booked online.

Please note the above are the minimum requirement and will prepare you for the education.

Education Requirement

- ✓ 2 Days Studio Education days - Maximum 10 hours
- ✓ 15 Limhamn Pilates studio group classes 5 x Reformer 10 x Matwork/Tower
- ✓ 10 Practice Teaching Hours - friends & family in our studio
- ✓ 10 Practice Hours at home/ in our studio
- ✓ Complete all hours within a **maximum** of 2 months

Total: 45 Hours + 2 months in studio self paced study

💰 **Price: 11,750 SEK + 6% VAT**

🎓 **Limited to 8 students**

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2. COMPREHENSIVE FOUNDATION - MATWORK, REFORMER, TOWER

Requirements to start the course:-

The below are the minimum requirements to be considered for registration.

- ✓ Matwork Instructor Certification **or**
- ✓ 5-10 classes at Limhamn Pilates
- ✓ Assessment PT - booked online.

Please note the above are the minimum requirement and will prepare you for the education.

Education Requirement

- ✓ 2 Days Studio Education - 10 hours
- ✓ 15 Tower/Reformer/Matwork Classes at Limhamn Pilates
- ✓ 20 Practice teaching hours - friends & family only at Limhamn Pilates
- ✓ 15 Practice hours at home/ in our studio
- ✓ Complete within a maximum of 3 months

Total: 60 Hours + 3 months in studio self paced study

💰 **Price: 19,550 SEK + 6% VAT**

🎓 **Limited to 8 students**

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3. TOWER INSTRUCTOR EDUCATION -1

Requirements to start the course:-

The below are the minimum requirements to be considered for registration.

- ✓ Matwork Instructor Certification **or**
- ✓ 5-10 classes at Limhamn Pilates
- ✓ Assessment PT - booked online.

Please note the above are the minimum requirement and will prepare you for the education.

Education Requirement

- ✓ 1 Day Studio Education - 5 hours
- ✓ 5 Tower Classes at Limhamn Pilates
- ✓ 5 Practice Teaching Hours - friends / family only at Limhamn Pilates
- ✓ 10 Practice Hours at home/ in our studio
- ✓ Complete within a maximum of 1 month

Total: 25 Hours + 1 month in studio

💰 **Price: 7,795 SEK + 6% VAT**

🎓 Limited to 7 students

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4. CHAIR & BARREL 1.1

Requirements to start the course:-

The below are the minimum requirements to be considered for registration.

- ✓ Matwork Instructor Certification **or**
- ✓ 5-10 classes at Limhamn Pilates
- ✓ Assessment PT - booked online.

Please note the above are the minimum requirement and will prepare you for the education.

Education Requirement

- ✓ 1 Day Studio Education - 5 hours
- ✓ 3 Limhamn Pilates Chair Classes
- ✓ 2 Limhamn Pilates Barrel Classes
- ✓ 5 Practice Teaching Hours - friends & family only in studio
- ✓ 10 Practice Hours - at home/ in our studio
- ✓ Complete within a maximum of 1 month

Total: 25 Hours - + 1 month in studio

💰 **Price: 7,795 SEK + 6% VAT**

🎓 Limited to 6 students

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