



LIMHAMN PILATES INSTRUCTOR EDUCATION COURSES

Instructor Educations 2026

Matwork | Reformer | In Studio | Online

**Become a certified Classical Pilates instructor at
Foundation level - the route to the entire method in a
supportive studio environment.**

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

📍 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 require's 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.

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✓ Trained by 2nd & 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. Matwork
2. Reformer
3. Matwork + Reformer + Tower

LEVEL: BASIC

4. Matwork
5. Reformer
6. Matwork + Reformer + Tower

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1. MATWORK FOUNDATION

Whats Included:-

- 1 Day Studio Education
- 7 Limhamn Pilates group Matwork classes
- 7 Teaching Practice hours on friends & family
- 10 Own Practice Hours at home/ in our studio
- 5 Studio observation classes
- Complete all hours within a maximum of 4-6 weeks

 **Price: 9,995 SEK + 6% VAT**

 **Early Bird Price before 7 February 8,495 SEK + 6% VAT**

 Limited to 8 students

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2. REFORMER FOUNDATION

Requirements to start the course:-

Below are the requirements to start our reformer instructor education at Limhamn

- Limhamn Pilates Foundation Matwork Education
- It is recommended to have completed 5 Group Reformer classes at Limhamn Pilates
- Lets get you moving now!
- Assessment PT - booked online.

Please note the above will prepare you for the education.

Whats Included:-

- 2 x Studio days of Education
- 15 Limhamn Pilates studio group classes
- 15 Own Practice Teaching Hours on friends & family in our studio/at home
- 10 Own Practice Hours at home/ in our studio
- 5 Studio observation classes
- Complete all hours within a maximum of 3 months

 **Price: 18.500 SEK + 6% VAT**

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