



## BECOME A PILATES REFORMER TEACHER

Polestar's Reformer Teacher Training empowers you to become the kind of teacher who inspires, not just instructs. Through a blend of labs, online learning, and mentorship, you'll gain the skills to create empowering, transformative movement experiences. Step into your purpose and guide others to feel strong, present, and at home in their bodies.

**FALL 2025: PHOENIX, AZ**

**COURSE TIMES: SAT 9AM-4:30PM / SUN 9AM-3:30PM**

**PRINCIPLES OF MOVEMENT  
REFORMER 1  
REFORMER 2  
REFORMER 3  
FINAL EXAM**

**OCTOBER 4-5, 2025  
NOVEMBER 1-2, 2025  
JANUARY 3-4, 2026  
FEBRUARY 21-22, 2026  
JUNE 6, 2026**



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