



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.

SPRING 2026: LAFAYETTE, LA

COURSE TIMES: 9 AM - 3:30 PM

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

**MARCH 21-22, 2026
APRIL 18-19, 2026
MAY 16-17, 2026
JUNE 27-28, 2026
OCTOBER 4, 2026**



**ALIX SORREL, PT, DPT, OCS
CERT DN, PCES, NCPT, SSOL**



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