



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.

2026: JACKSONVILLE, FL

COURSE TIMES: SATURDAYS 11 AM- 6 PM/ SUNDAYS 9 AM - 4 PM

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

**MARCH 14-15, 2026
APRIL 18-19, 2026
MAY 16-17, 2026
JUNE 27-28, 2026
TBD
OCTOBER 4, 2026**



LYN PETERSON
PT, DPT, NCPT

synergy studio
pilates • physical therapy • massage

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