



BECOME A PILATES MAT TEACHER

Polestar's Mat 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: SALT LAKE CITY, UT

COURSE TIMES: SATURDAYS & SUNDAYS 12-6:30 PM

PRINCIPLES OF MOVEMENT

MAT 1

MAT 2

MAT 3

MAT 3 CHECKOFFS +EXAM PREP

FINAL EXAM

OCTOBER 3-4, 2026

NOVEMBER 7-8, 2026

JANUARY 16-17, 2027

FEBRUARY 20-21, 2027

APRIL 3, 2027

MAY 16, 2027



LESLIE HALES

**SEVEN
SISTERS**

Seven Sisters Studio
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