

ZEN MOVEMENT

Reformer Pilates



TEACHER TRAINING

Our Unique Approach

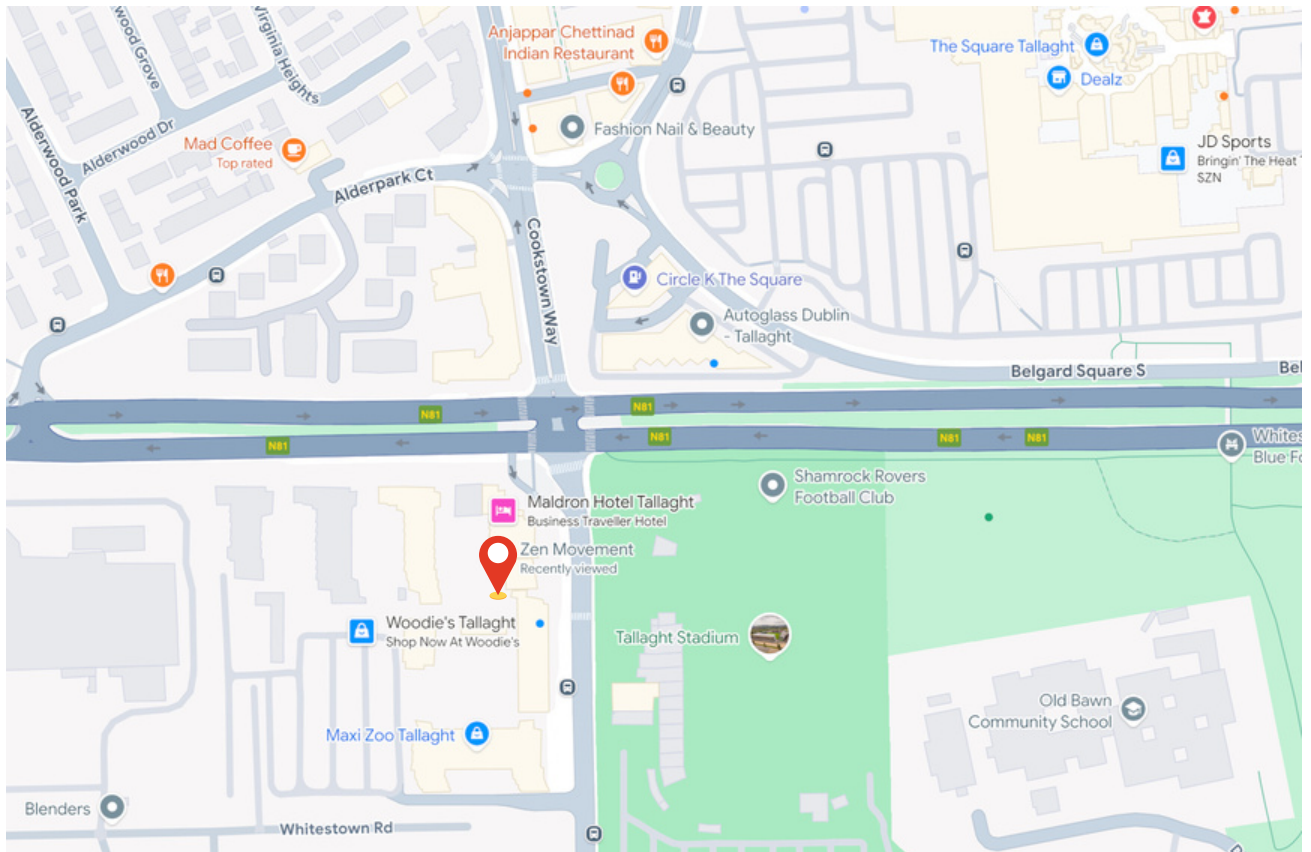
Zen Movement is a private Yoga, Pilates, and Reformer studio based in Tallaght, South Dublin. Our comprehensive courses are designed to equip you with the knowledge, skills, and practical tools needed to build a successful career, while developing the confidence to plan and deliver classes effectively.



Meet your Tutor

Edel is the Owner and Head Tutor at Zen Movement Studio. With over 20 years of experience in the health and wellness industry, she brings a wealth of expertise and insight, drawing from a diverse range of disciplines.

- Yoga, Pilates & Mobility Specialist
 - Clinical Reformer Pilates Instructor
 - Personal Trainer/CF L2 Coach
 - Pre/Postnatal Exercise Specialist
 - Athletic Prehab/Rehab & Performance
 - Gymnastics & Calisthenics Coach
 - Movement & Mobility Specialists TRS™
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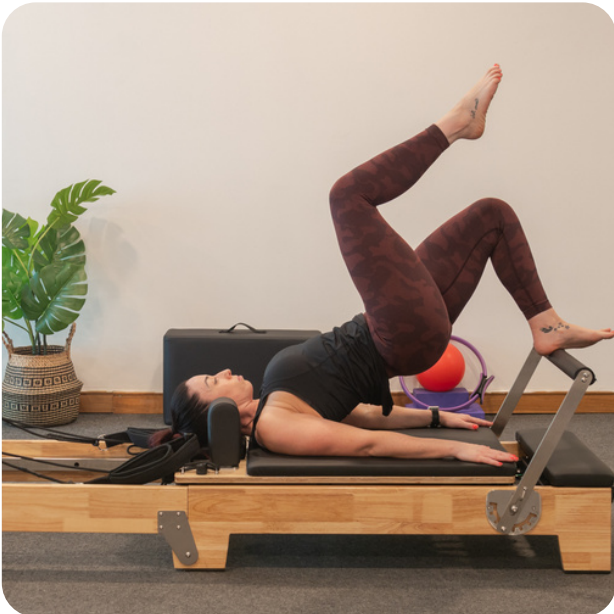
Our Convenient Location

Our studio is located in the Maldron Hotel Tallaght (Inside Club Vitae Gym), just a short walk from The Square Shopping Centre and right beside the Shamrock Rovers Stadium. The area is well-served by numerous bus routes along with the Red Luas line. For those traveling by car, ample free on-site parking is available. The studio is easily accessible, with lift access, changing rooms and showers for added convenience.

Schedule at a Glance

Our course includes 5 in-person training days, where you'll learn and practice all the essential Contemporary Reformer exercises.

With a maximum of just 12 participants per course, you'll enjoy plenty of individual attention, working in pairs to practice, refine, and teach each other. On day 6, you'll complete both the written and practical assessments, to showcase your knowledge and skills. There is 30 minutes allocated for each assessment.



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No Man - No machine can correct or create vitality, power or health for you; everything comes from within, you have to unfold it.

Joseph Pilates

The following dates are your required in-person training days. Attendance and sign-off on all dates is mandatory in order to obtain certification.

- 1. January 17th & 31st**
Saturday 12-6pm
 - 2. February 14th & 28th**
Saturday 12-6pm
 - 3. March 14th & 28th**
Saturday 12-6pm
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In 10 sessions you will feel the difference, in 20 you will see the difference and in 30 you will have a whole new body.

Joseph Pilates

This course is hands-on and practical. Our goal is for you to leave feeling confident in both performing the exercises and planning classes for a variety of levels and needs.

Throughout the course, we will explore:

- Modifications and progressions for each exercise
- Adaptations for injuries
- Considerations during pregnancy
- Adjustments for certain illnesses and medical conditions

You'll gain not only technical knowledge but also the practical skills to deliver safe, effective, and inclusive classes.



Step Into Your Potential

The Reformer Pilates Instructor Course is more than just a qualification - it's an opportunity to build confidence, deepen your understanding of movement, and empower others through intelligent, functional training.

Whether you're beginning your journey in the Pilates world or expanding your expertise, this course will equip you with the knowledge, hands-on experience, and teaching tools you need to lead impactful, safe, and progressive Reformer Pilates classes.

By the end of the course, you'll feel confident in:

- Delivering classes for all levels
- Offering thoughtful modifications and progressions
- Supporting clients through injury, pregnancy, and individual needs
- Planning and structuring effective, creative sessions

We are committed to helping you grow into a skilled, compassionate, and knowledgeable instructor. If you're ready to take the next step toward a rewarding career in Pilates, we'd love to welcome you into our training community.

Your journey starts here. Are you ready?

Your Qualification

This is a Contemporary Reformer Pilates qualification, fully accredited by the Complementary Therapists Association (CThA).

Upon successful completion of the course, you will be certified to teach both 1-to-1 sessions and group Reformer Pilates classes, confidently adapting your teaching to suit a variety of clients and abilities.

To support your learning, you will receive a full-colour course manual on the first day of training. This comprehensive guide includes all exercises covered in the course and serves as a valuable reference throughout your teaching journey.



Investment



Course Fees

Full Price: €1,300

Early Bird Price: €999

A non refundable **€300 deposit** is required at the time of booking to secure your spot.

Payment plans are available upon request.

All prices include:

- ✓ Exam fees
- ✓ Full-colour course manual

Get In Touch

Have any questions? Ready to book your place?
We'd love to hear from you!

Whether you're looking for more details about the course, payment plans, or how to enroll, feel free to reach out - we're here to help guide you through every step.

Contact Information

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☎ Phone: 087-6761003

🌐 Website: zenmovement.ie

📱 Instagram: [@zen_movement_](https://www.instagram.com/zen_movement_)



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