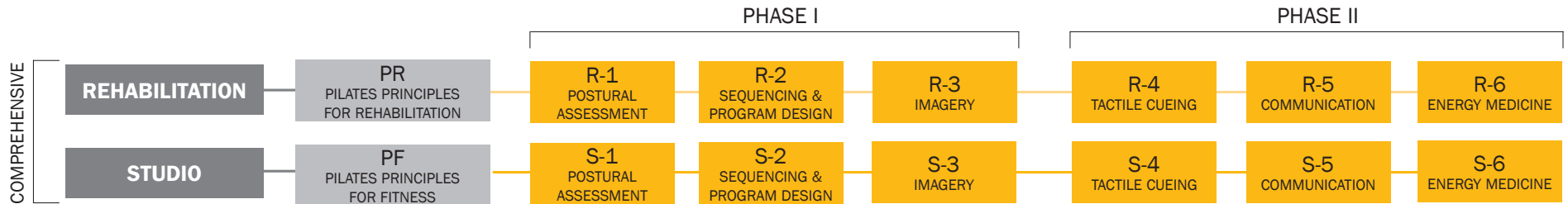
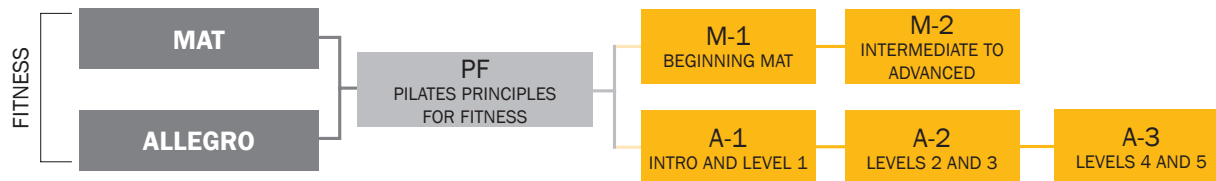


# Polestar Pilates Education

## Course progressions



EACH COURSE IS TWO DAYS (16 HOURS) AND INCLUDES LABS WHERE YOU PRACTICE AND RECEIVE EDUCATOR FEEDBACK. REHAB AND STUDIO INCLUDE AN ADDITIONAL 3-HOUR SELF-MASTERY CHECK-OFF SESSION IN COURSES 2 THROUGH 6.



EACH COURSE IS TWO DAYS (16 HOURS) AND INCLUDES LABS WHERE YOU PRACTICE AND RECEIVE EDUCATOR FEEDBACK. RECOGNIZED BY ACE AND BOC FOR CONTINUING EDUCATION.

### Self Study Hours

In addition to attending the courses, students will be required to complete assignments and short quizzes, as well as a number of hours of observation, self-mastery, assistant teaching, and practical teaching.

	PRE-COURSE	COURSE LECTURES	OBSERVATION	SELF-MASTERY (PRACTICE)	APPRENTICE TEACHING
REHAB	25	112	40	100	100
STUDIO	25	112	40	100	100
ALLEGRO	25	64	25	50	50
MAT	25	64	25	50	50