

art of motion

EDUCATION PATH SLINGS MYOFASCIAL TRAINING



Prerequisites

art of motion
Pilates Matwork Certification

equivalent certification
in movement or therapy

comprising at least 100 contact
hours with a minimum of
28 hours anatomy

Foundation Education

ANATOMY
TRAINS
IN MOTION®

SLINGS
ESSENTIALS

SLINGS
IN MOTION® I

CERTIFICATE
OF COMPLETION

Continuous Education

SLINGS
IN MOTION® II

SLINGS
IN MOTION® III

SLINGS
CERTIFICATION
COURSE

SLINGS MOVEMENT
DIPLOMA

