



Pilates Core Center Advanced Movement Principles is a five-module program designed to prepare Pilates teachers to work safely and effectively with common misalignments, imbalances, and injuries. The program includes both video and in-person coursework, and upon completion of all of the coursework, you will receive recognition as a Balanced Body Advanced Movement Practitioner.

Dates/Times:

**Friday, May 17, 2024:
1:00 p.m. – 6:30 p.m.**

**Saturday, May 18, 2024:
12:00 p.m. – 6:30 p.m.**

**Sunday, May 19, 2024:
9:00 a.m. – 3:30 p.m.**

Location:



**Pilates Core Center – 1919
Greentree Road – Lower
Level – Cherry Hill, NJ
08003 – 856-985-0900**

COURSEWORK DESCRIPTION

Learn how to bring lasting improvement and life-changing benefits to clients with low back pain. Advanced Movement Principles: The Low Back provides a practical framework to assess, understand, and improve posture, functional skills, and athletic performance for any client with low back pain.

The Low Back course includes 18 hours of in-person, hands-on learning along with 8 hours of online coursework on anatomy, kinesiology, movement principles, and common low back conditions.

The course fee includes both the live and the video courses. Once you register, a link to the video course will be sent to you. Please complete the video course BEFORE attending the live workshop to get the most out of the experience.

[REGISTER NOW](#)

Advanced Movement Principles: The Low Back video course provides a theoretical framework for addressing low back issues through a deep review of anatomy, an exploration of clinical viewpoints regarding low back pain, and essential information on common conditions.

The course is broken down into short, 20 to 30 minute video chapters so you can absorb and apply the information easily and it includes written material and short quizzes to support your learning process.



INSTRUCTOR – Nora St. John
Education Content Creator Balanced Body®

Teaching Pilates since 1988, Nora creates teacher training courses in Pilates, Anatomy in Three Dimensions and other modalities for Balanced Body Education. She holds degrees in Biology, Dance, and Traditional Chinese Medicine and is the author of 16 teacher training manuals and several magazine articles. Nora has studied Dance, Chinese Medicine, manual therapy, The Franklin Method, Anatomy in Clay, and personal training to enhance her understanding of the body in motion. She is currently focused on creating educational experiences that are innovative, enlightening, and effective.



**Master Pilates Instructor and Director of
Continuing Education at Pilates Core Center**

Jessica Moss is a professional Modern Dancer/Teacher/Choreographer who began her Pilates training as a way to improve strength and flexibility for dance. Jessica incorporates her experience with Laban Movement Analysis, Bartenieff Fundamentals, and functional anatomy into her Pilates practice to develop movement efficiency and muscle release. She received her Pilates certification in 2004 from Pilates Master, Karen Carlson. Jessica is a Specialist in Pilates Based Education for Neurological Conditions, a Balanced Body Master Instructor, the Directory of Continuing Education at Pilates Core Center, and teacher the Balanced Body Mat, Reformer, CoreAlign, Trapeze Table, Chairs, Barrels and Anatomy curriculum to aspiring Pilates teachers.

Advanced Movement Principles FAQ's

Q: Can I take this course if I have not completed my Comprehensive Test Out?

A: No, this course is designed for Pilates Instructors who have completed their Comprehensive Examination. It is important that each AMP attendee knows all of the Pilates exercises as well as the equipment, principles, and foundations supporting each exercise.

Q: I have been teaching for a few months, can I take this course?

A: No, this course is designed for Pilates Instructors who have at least three years of experience teaching Pilates. The expectation is that each student has experience teaching Pilates to many types of clients, equipment, and bodies.

Q: Will I have to complete Movement Principles before I take this course?

A: If you started your Pilates Teacher Training after 2019, then you must have completed Movement Principles before you take this course.

Q: Do I have to watch the online videos and take the quizzes before I take the in-person class?

A: Yes, the videos and quizzes establish the anatomy and kinesiology foundation upon which the Advanced Movement Principles information will be built during the in-person course.

Q: What if I only want to take the Low Back Module but not any of the other modules?

A: This is a graduate level course where there is an expectation that all students are committed to taking all 5 modules of The Advanced Movement Principles Program, including writing case studies and participating in mentoring classes after the weekend course in May. Pilates Core Center will be holding Module 3 – The Lower Body in the spring of 2025, Module 4 – The Upper Body in the spring of 2026 and Module 5- Special Conditions at a yet to be determined date.

Q: I am not able to start the first module this May, 2024, can I begin in the spring of 2025?

A: Pilates Core Center will hold the AMP courses in order so, a student can start the program at a later module by beginning in the spring of 2025 with The Intro & Module 3 - The Lower Body. That student would start in the "middle" and finish their course work with Module 2 – The Low Back.

Q: Will this course be recorded?

A: No, each course is in-person, must be attended live. There will be no recording.