



<p>28-29 JANUARY, 4-5, 11-12 FEBRUARY</p> <p>Matwork Weekend Programme Course 1 (module 1) Initiation and Level 1</p> <p>Susan Pepper</p>	<p>13-17 FEBRUARY</p> <p>Equipment Programme Course 6 Beginners/Inter. Cadillac</p> <p>Susan Pepper and Markus Siegenthaler</p>		<p>3 MARCH</p> <p>Workshop 1 Super Advanced Matwork</p> <p>Markus Siegenthaler</p>	<p>16-18 MARCH</p> <p>Equipment Programme Course 7 Advanced Reformer</p> <p>Susan Pepper</p>	
	<p>31 MARCH</p> <p>Specialist Workshop 1 Feet</p> <p>Jennifer Paynter</p>	<p>1 APRIL</p> <p>Specialist Workshop 2 Knees & Hips</p> <p>Jennifer Paynter</p>		<p>21-23, 28-29 APRIL</p> <p>Matwork Weekend Programme Course 2 (module 2) Level 2 and 3</p> <p>Susan Pepper</p>	<p>12 MAY</p> <p>Workshop 2 Pilates and the Foam Roller</p> <p>Florence Gandillon</p>
<p>2 JUNE</p> <p>Workshop 3 The Standing Workout</p> <p>Florence Gandillon</p>	<p>23-24 JUNE</p> <p>Specialist Workshop 3 Abdominals & Anatomy in Motion</p> <p>Bertrand Raison</p>		<p>2-7 JULY</p> <p>Matwork Summer Programme Course 3 (repeat of module 1) Initiation and Level 1</p> <p>Susan Pepper</p>	<p>30 JULY - 3 AUGUST</p> <p>Matwork Summer Programme Course 4 (repeat of module 2) Level 2 and 3</p> <p>Susan Pepper</p>	
	<p>6-10 AUGUST</p> <p>Matwork Summer Programme Course 5 (module 3) Level 4 and 5</p> <p>Susan Pepper</p>	<p>13-17 AUGUST</p> <p>Equipment Programme Course 8 Beginners/Inter. Reformer</p> <p>Susan Pepper</p>	<p>25-26 AUGUST</p> <p>Equipment Programme Course 9 Advanced Cadillac</p> <p>Susan Pepper</p>	<p>22 SEPTEMBER</p> <p>Workshop 4 Pilates and the Magic Circle</p> <p>Markus Siegenthaler</p>	<p>6-7 OCTOBER</p> <p>Equipment Programme Course 10 Beginners/Inter. Barrel</p> <p>Susan Pepper</p>
<p>22-26 OCTOBER</p> <p>Equipment Programme Course 11 All levels Wunda Chair</p> <p>Susan Pepper</p>		<p>10-11 NOVEMBER</p> <p>Equipment Programme Course 12 Ladder Barrel</p> <p>Susan Pepper</p>	<p>24 NOVEMBER</p> <p>Equipment Programme Course 13 Advanced Barrel</p> <p>Susan Pepper</p>	<p>REGISTER TODAY!</p> <p>Visit www.swissbody-pilates.com to register for Pilates Teacher Training and Education 2012</p>	