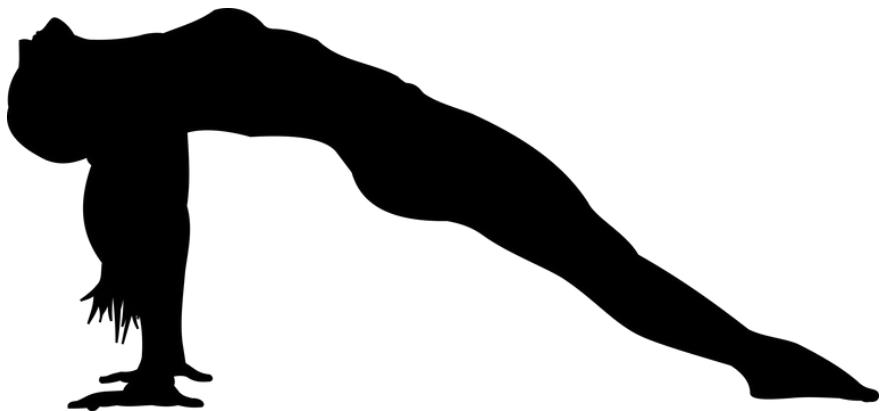


DO YOU LIKE  
TO BECOME A  
**POWER PILATES TEACHER?**  
**YEAH!**



**YEAH**  
**STUDIO®**

# **YEAH! POWER PILATES TEACHER TRAINING | 50h**

by YEAH STUDIO®



**YEAH**  
STUDIO®

# OVERVIEW

50 HOURS TEACHER TRAINING BY YEAH STUDIO® in Berlin @YEAH STUDIO  
5 Moduls | 4 compact days | plus 3 Saturdays | plus Exam | plus 6 Trainings as a student |  
plus 6 class observations | Training Booklet | Book list for Homework |  
Certificate YEAH! POWER PILATES BY YEAH STUDIO® after successful completion.

The training is perfect for you if you want to intensify your Pilates practice and increase your fitness level. And if you love to learn new things about yourself, meditation, presentation and presence. After the training you will have great tools to design and teach classes as a Pilates teacher.

The mat Pilates training will include the work with props like Pilates Ring, Core Sliders, Pilates Ball, Booty and Terra Bands. At YEAH STUDIO® we believe in a strong training in a mix with final relaxation to leave our classes refreshed, nurtured and strong. A signature piece of our classes are variations of final mini meditations that are also part of the training.

Coaches:

Tanja Burmeister | Founder of YEAH STUDIO® bio: <https://www.yeahstudio.de/team>  
Carla Schwarting: Pilates Trainer | Akademie für Gesundheit | Coach @YEAH STUDIO®

Early Bird Price: 750 Euro until 1.3.2023

Regular Price: 890 Euro

## MODULS

MODUL 1:

Multiple Warm up Series

MODUL 2:

Multiple Pilates Series

MODUL 3:

Pilates Philosophy, Class Design, Music&Counting

MODUL 4:

Meditation&Relaxation

Modul 5:

Cool Down&Stretching

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# YEAH! POWER PILATES



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# **TIMING OVERVIEW**

Compact Days @YEAH STUDIO®

Thursday: 11-17h +2h homework

Friday: 12-16:15h +2h homework

Saturday: 17-20h +2h homework

Sunday: 13-15h +2h homework

3 Saturdays: 17-20h

6 Trainings @YEAH STUDIO (from our schedule)

6 Class observations (from our schedule) Observation means you watch a class, make notes with a guideline of topics you should pay attention to. You will be inspired by our different teacher and their unique way of teaching.

Exam: You prepare a 45min Pilates class and playlist and teach it for real:) students. The Exam will be a date after the last of the 3 Saturdays.

# **DATES 2023**

Compact Days @YEAH STUDIO®

**Thursday to Sunday: 11.5.-14.5.2023**

**3 Saturdays: 10.6 | 17.6. | 24.6.2023**

You could do this part in May and June:

6 Trainings @YEAH STUDIO (from our schedule)

6 Class observations (from our schedule) Observation means you watch a class, make notes with a guideline of topics you should pay attention to. You will be inspired by our different teacher and their unique way of teaching.

Exam: after 24.6.2023

You love it? YEAH!  
We love to hear your feedback and questions:

Send us a message:

**[hi@yeahyoga.de](mailto:hi@yeahyoga.de)**

In case you love to speak with Tanja just let us know and we schedule a call.



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