



## PILATES TEACHER CERTIFICATION TRAINING

### INSPIRE THROUGH MOVEMENT

Immerse yourself in a transformative two-part Pilates Teacher Training at the award-winning Kamalaya Wellness Sanctuary in Koh Samui, Thailand, guided by the expert team from Conscious Movement. Whether you are an aspiring instructor or seeking to refine your skills, this immersive program seamlessly blends classical and contemporary Pilates techniques with holistic wellness principles.

#### COURSE OVERVIEW & DATES

This training is structured in two parts, taking place in June and September. Participants may choose to attend either module independently to enhance their existing practice or complete both parts to obtain the full teacher training certification. Those undertaking the full certification will receive ongoing online guidance and mentorship between the two modules. This support is provided by experienced educators specialising in Conscious Movement Education, ensuring a thorough and integrative learning experience.

PILATES TEACHER TRAINING: PART 1	PILATES TEACHER TRAINING: PART 2 (CERTIFICATION)
<b>DATE:</b> 1 - 15 June 2026 <b>DURATION:</b> 14 Days <b>PROGRAM STRUCTURE:</b> <ul style="list-style-type: none"> <li>• Anatomy for Movement Workshop (10 hours over 2 days)</li> <li>• Basic Pilates Mat Course (20 hours over 4 days)</li> <li>• Reformer Course (16 hours over 4 days)</li> <li>• Group Classes, Practice &amp; Review (8 hours over 2 days)</li> <li>• Rest &amp; Integration (2 days off)</li> </ul>	<b>DATE:</b> 6 - 13 September 2026 <b>DURATION:</b> 7 Days <b>PROGRAM STRUCTURE:</b> <ul style="list-style-type: none"> <li>• Days 1 - 2: Review, practice, and group classes (10 hours total)</li> <li>• Days 3 - 7: Exams &amp; teaching assessments, including theory, practical, and teaching evaluations</li> </ul>
<b>INTERIM ONLINE SUPPORT</b>	<b>CERTIFICATION &amp; COMPLETION</b>
<ul style="list-style-type: none"> <li>• Course Hours Completion - Students must log hours in observation, participation, and self-practice, as well as complete a case study before attending Part 2</li> <li>• Ongoing Digital Support - Continued guidance and mentorship will be provided remotely</li> <li>• Exclusive Online Resources - Students will have access to The Source YouTube playlists featuring Pilates classes for ongoing practice</li> </ul>	<ul style="list-style-type: none"> <li>• Part 2 is the final stage of certification, designed to solidify student knowledge and refine teaching skills. Through guided review, hands-on practice, and structured assessments, students will demonstrate understanding and ability to teach Pilates confidently.</li> </ul>

RESIDENT STUDENT						
ACCOMMODATION + COURSE	RATE FOR PART 1 (THB) 1 - 15 JUNE 2026 (14 NIGHTS)		RATE FOR PART 2 (THB) 6 - 13 SEPTEMBER 2026 (7 NIGHTS)		RATE FOR PART 1 + PART 2 (THB)	
	SINGLE	DOUBLE	SINGLE	DOUBLE	SINGLE	DOUBLE
Hillside Room	253,340	441,360	128,610	222,560	368,350	636,720
Hillside Room Garden View	260,900	453,960	132,390	228,860	379,690	655,620
Hillside Room Sea View	312,140	520,320	158,010	262,040	456,550	755,160

#### COURSE INCLUSION:

- Single or Twin Shared Accommodation
- Full Board (All meals included)
- Fully Certified Pilates Teacher Training Course
- Roundtrip transfer from/to Samui International Airport

NON-RESIDENT STUDENT		
RATE FOR PART 1 (THB)	RATE FOR PART 2 (THB)	RATE FOR PART 1 + PART 2 (THB)
140,896	70,388	197,684

#### COURSE INCLUSION:

- Daily Lunch
- Fully Certified Pilates Teacher Training Course



#### TERMS & CONDITIONS:

At Kamalaya, we do our utmost to ensure that all scheduled training courses are unfolded as planned. On rare occasions, however, unforeseen circumstances or an insufficient number of confirmed participants may mean that a course cannot take place.

In the unlikely event that a course is cancelled by Kamalaya, you will be offered the choice of a full refund of all payments made to date, or the option of transferring your funds to another Kamalaya wellness package during the same period. Alternatively, you may choose to retain your funds as credit towards a future visit to Kamalaya.

Please note that Kamalaya cannot be held responsible for flights or other travel arrangements in the event of cancellation. Should any changes to a course occur, we will inform you with a minimum of 30 days' notice before the scheduled start date.

#### FOR RESERVATIONS:

Tel: +66 (0) 77 429 800  
 Email: [reservations@kamalaya.com](mailto:reservations@kamalaya.com)  
 Line: [@kamalaya  
 Website: \[www.kamalaya.com\]\(http://www.kamalaya.com\)](https://line.me/ti/p/@kamalaya)

