



## **Pilates Studio Now Offering Online Mat Teacher Training Program Certification**

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The San Francisco Pilates studio expands its online classes by offering a virtual training program for those who want to get their certificate in Mat Training.

Soulful Pilates, a San Francisco pilates studio, is now offering an online class in Mat Teacher Training. Since following the California Executive Order to close their doors on March 16, Soulful Pilates has been teaching classes online. They are now expanding their virtual class to offer Pilates Sports Center (PSC) Mat Teacher Training Certification.

The Mat Training Certification will teach the principles of the Pilates Method. Pilates is a form of low impact exercise that strengthens and lengthens muscles. It improves flexibility and alignment, focusing on one's core muscles while training arms and legs. The online teacher training certification will start with Fundamentals and Philosophy, including basic anatomy.

"This is a great time to expand your skills from the comfort of your home," says Véronique Dumont, Soulful Pilates Founder, and Master Trainer. Dumont will teach the certification in person on live video. The mat

repertoire will cover the Classical and Progressive approach to Pilates all in this Mat module. The difference between the two is that Classical is as close to Joseph Pilates original work. Progressive Pilates is based on Joseph Pilates work but with influences from physical therapy and biomechanics.

Soulful Pilates is a fully equipped Pilates studio in the upper Haight-Ashbury/ Cole Valley neighborhood. They offer private, semi-private, and small group classes currently online during the Stay at Home Order. Studio founder Véronique Dumont began teaching in 2004. She helps students build strength and gain freedom of movement through improves flexibility and balance.

For information on how to begin a Mat Teacher Training Program, please check <https://soulfulpilates.com/> or contact Véronique directly at [info@soulfulpilates.com](mailto:info@soulfulpilates.com)

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For more information about X, contact the company here: XVéronique Dumont(415) 664-4890 [info@soulfulpilates.com](mailto:info@soulfulpilates.com) 1501 Waller Street(corner of Clayton) San Francisco, CA 94117

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*Pilates had improved her posture and overall physical condition so much that she decided to enter Ellie Herman's Pilates teacher training program.*

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