



# Pilates Reformer Therapy Certification

## A New Era of Healing Through Movement

For the first time in Singapore, Real Yoga & Pilates presents a unique Reformer Therapy Certification designed for Pilates Mat, Reformer, and Yoga teachers. This course blends therapy, anatomy, and intelligent movement science to help you heal through movement and teach with confidence.

### Course Schedule

- Location: Real Yoga Raffles City Studio
- Dates: January 24 & 25, January 31 & February 1, 2026 (Saturday & Sunday)
- Time: 4:00 PM – 9:00 PM
- Duration: 80 Hours Total | 4-Day In-Person Training + Practicum + Project

### What You'll Learn

- Reformer exercises from Beginner to Intermediate levels
- Designing Reformer sessions for pain recovery and therapy
- Sequencing, cueing, and corrective teaching skills
- Application of 5 Pilates Principles with anatomical precision
- Hands-on adjustments and student assessment techniques
- Professional readiness to teach therapy-based Reformer classes

### Certification Breakdown (80 Hours)

Component	Hours
In-Person Training	20
Teaching Practicum & Class Opportunities	30

Reformer Practice	20
Project Work & Final Exams	10

## Faculty

Lead Faculty: Master Saumik Bera — internationally renowned Yoga & Therapy Master, supported by Certified Reformer Trainers, Anatomy Experts, and Therapists.

## Course Fees & Scholarships

Item	Fee (SGD)
Total Fee	2,500
Early Bird (First 10 Sign-ups)	1,250
In-House Teachers	1,125
Deposit	500
Exam Fee	50

## Why Train with Real Yoga & Pilates

- Learn directly from Master Saumik Bera
- First-ever Reformer Therapy Certification in Singapore
- Hands-on, case-based therapeutic learning
- Internship & teaching opportunities for top graduates
- Backed by Singapore's trusted wellness brand

## How to Register

- Step 1: Fill up the online application form
- Step 2: Our team will contact you for confirmation
- Step 3: Pay the deposit to secure your seat

■ **Heal, teach, and inspire — the Saumik way.**