

Bridging

a world of Wellness Professionals and Pilates Education



N.W.C.C. PILATES® is partnering with other educational institutions of outreach and continued education/training services to provide a bridge for learning and expanding new opportunities for future growth. We believe that knowledge and education can empower a community. We are inspired to provide highly experienced faculty, which come from a variety of backgrounds, creating a vibrant, diverse and inspirational learning environment.



Through our own programs, we offer training from a modern to contemporary perspectives.

N.W.C.C. Pilates® Educational Curriculum is designed for Leaders, Educators and Wellness Professionals.

N.W.C.C. Pilates® teacher training courses, continuing educational courses and workshops are updated and posted on our website:

www.namastewellness.net.

Our Pilates teacher training programs are:

- ✓ **Convenience** – offered locally in Nassau, Bahamas
- ✓ **Affordable Planning** – eliminates traveling cost and other expenses associated with travel planning.
- ✓ **Flexible Planning** – Pilates courses are offered in modular segments (over a weekend) creating room to grow.
- ✓ **Diverse Backgrounds** – Bringing a modern and contemporary approach to functional fitness and post rehabilitation training.
- ✓ **Educational Opportunities** - offering a new generation of professionals and athletes the opportunity to be leaders in fitness.

