

# THE PILATES SOURCE®

PRESENTING

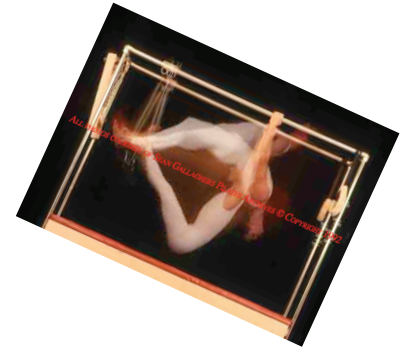
## THE NEW YORK PILATES STUDIO® AT RHINEBECK PILATES PROFESSIONAL TEACHER TRAINING PROGRAM

THREE WEEKENDS IN 2024 AND 2025

**BASIC SYSTEM**  
NOVEMBER 8, 9, 10

**INTERMEDIATE SYSTEM**  
JANUARY 24, 25, 26, 2025

**ADVANCED SYSTEM**  
MARCH 28, 29, 30, 2025



**Sean P. Gallagher, PT** - Sean has been practicing Pilates since 1984 and was certified by Romana Krysanowska in 1991 and has been a teacher of teachers for over 20 years.

**Elaine Ewing** - Elaine has been practicing pilates since 1999 and is certified by Sean Gallagher and The New York Pilates Studio® and is a Pilates Guild® member. In 2022 Elaine became a teacher of Teachers for the program.

Class limited to 15 participants to ensure high quality training & teacher/student ratio.

Information about joining us for this unique training experience

Please e-mail to [Elaine@rhinebeckpilates.com](mailto:Elaine@rhinebeckpilates.com)

You can also download the CERTIFICATION INFORMATION PACKET

