

THE PILATES SOURCE®
PRESENTING
THE NEW YORK PILATES STUDIO® AT RHINEBECK PILATES
PROFESSIONAL TEACHER TRAINING PROGRAM
THREE WEEKENDS IN 2025 AND 2026

BASIC SYSTEM
NOVEMBER 7, 8, 9, 2025

INTERMEDIATE SYSTEM
JANUARY 16, 17, 18, 2026

ADVANCED SYSTEM
MARCH 27, 28, 29, 2026



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

You can also download the CERTIFICATION INFORMATION PACKET

