COURSE BROCHURE

# Pilates Foundations & Class Readiness

Health, Nutrition & Fitness / Yoga & Mindful Movement

**One-time full-course fee**

**INR 1,499**

**Access**

**6 months course access**

**Study plan**

**Introductory self-paced course · 6 months access**

**Learning format**

**Six self-paced reading workshops, worksheets, answered self-checks and a final planning assignment**

## Programme overview

Understand controlled practice, mat versus equipment classes and appropriate instruction. Six reading workshops, practical worksheets, answered self-checks and a final planning assignment. Self-paced education for adults; no live classes, gym membership, personalised diet prescription or professional qualification.

## Who this is for

1. For adults aged 18+ seeking introductory health and fitness education.
2. Practical activity must suit your circumstances; obtain qualified instruction for unfamiliar movements and clinical advice where needed.
3. Shared foundation readings recur across related courses. Compare the lesson index before buying more than one course.

## Published topics and learning focus

1. Pilates fundamentals and controlled practice
2. Choose a safe starting point
3. Distinguish mobility, stretching and balance
4. Use gentle breathing and attention practice
5. Understand effort, progression and recovery
6. Build a repeatable weekly plan

## Before you choose

1. These are published programme highlights, not certification of complete syllabus coverage. Review the available reading index and programme trial before enrolling.
2. ZELVU provides learning support. It does not award the underlying degree, professional registration or an examination result.
3. Current checkout terms and refund policy apply. Payment and access require successful provider verification.

## Take the next step

**Explore the programme trial**

**View current details, scope and terms**

**Ask ZELVU about this programme**

Save this brochure for reference. Details can change: confirm the current programme page and checkout before making a purchase.