



Summer Solstice Pilates

Mat Teacher Training & Retreat

Durango, Colorado • June 18–23, 2026

Join us for a **5 Day Pilates Mat Teacher Training and Retreat** in a beautiful mountain setting outside Durango. This immersive program combines professional Pilates education, community meals, nature, and a closing hike in the San Juan Mountains during the Summer Solstice.

Certification through The Pilates T.E.A.M.

Led by Pilates Master Trainer **Carissa Fernandez**

What's Included

- 4-day intensive Pilates Mat Teacher Training curriculum
- Movement fundamentals, anatomy, and teaching methodology
- Practice teaching and instructor mentorship
- Breakfast and lunch each day
- Four catered community dinners
- Closing group hike in the San Juan Mountains

Tuition

Founding Cohort (first 4 participants)	\$2,200
Early Tuition (next 6 participants)	\$2,400
Final Tuition (last 10 participants)	\$2,600

Reserve your place with a \$500 deposit

Limited to 20 participants for personalized mentorship

Lodging for up to ten participants is available for an additional fee.

Hosted by Weaselskin Wellness & Retreat Center

12943 Hwy 550, Durango, Colorado 81303

To sign up or inquire: Carissayogapilates@gmail.com

More information:

<https://pilatestrainingsandretreats.my.canva.site/pilatesmattrainingindurango>