



MAT+REFORMER

TEACHER TRAINING RETREATS

in Portugal



HIGH STANDARDS. NO EGO.



BECOME A PILATES TEACHER WITH HEART & SKILL

This is Julia from Germany during her 2025 Mat Teacher Training Retreat in Morocco.

WHY TRAIN WITH US?

At Life in Movement, we've spent **over 15 years hosting Pilates retreats and trainings** that are thoughtfully organised, supportive, and grounded in a genuine love for what we do.

Our **long-term partnership with BASI Pilates®** combines two strengths: BASI's internationally respected teacher training program and our experience creating focused, well-held retreat environments where people can actually show up as themselves and do the work.

The result is a training in retreat format that's structured, clear, and grounded, while still giving you space to be present and fully immerse yourself. It's a collaboration built on experience, trust, and a shared commitment to **helping you grow into a capable, thoughtful teacher—ready for whatever comes next.**

How You Learn
Matters



BASI PILATES MAT + REFORMER FLEX COURSE

BUILT FOR DEPTH, NOT SPEED

Six immersive retreat days instead of the usual four you'd find in the studio format. So you're not rushing to keep up, you're actually landing the work in your body.

Mat + Reformer are taught side by side: You start to understand why the work feels the way it does and not just how to teach it, which is the heart of the BASI approach.

Your **pre-retreat study package** is included in form of video lectures, digital manuals, and lifetime access to the BASI student portal to prepare ahead of the retreat at your own pace.

"I THOUGHT I WAS SIGNING UP FOR A TEACHER TRAINING, BUT I LEFT WITH SO MUCH MORE—CONFIDENCE, FRIENDSHIPS, AND A DEEPER LOVE FOR PILATES THAN I EVER IMAGINED. THE RETREAT SETTING MADE ALL THE DIFFERENCE."

Jana from Belgium - class of October 2024





WHAT'S NEXT?



FROM RETREAT TO CERTIFIED TEACHER

During the retreat you will complete all necessary BASI course modules.

A CLEAR PATH FORWARD

The retreat marks the start of your Pilates teaching journey. During your time in Portugal, you'll complete the in-person component of the BASI Mat + Reformer Flex Course, supported by pre-retreat access to all required online lectures, digital manuals, and video materials.

After the retreat, you are able to begin teaching right away, while continuing toward full certification. The BASI certification continues beyond the retreat through a clearly structured process, including 225 student hours of self-practice, observation, and practice teaching, followed by a final written exam, teaching assessment, and practical demonstration. Exams can be completed in person, online, or via video submission, allowing flexibility as you build experience.

Ongoing support is available through the BASI student platform and our optional Life in Movement What's Next Mentorship Programme, designed to support you as you grow from student into a confident Pilates teacher.

ON RETREAT IN PORTUGAL

WHAT'S INCLUDED?

Good Times,
Real Friends

- **7 nights boutique accommodation** in shared or private rooms
- **Three nourishing meals per day**, freshly prepared by our chef Fabrice
- **40+ hours of BASI Mat + Reformer training**, up to intermediate repertoire
- **All digital learning materials and lifetime access to video lectures** available two weeks before the retreat
- **BASI Student Platform access** to support your ongoing learning
- **One private 1:1 mentorship session** with your retreat host
- **Whats Next Mentorship** access (one month) to help you stay connected after the retreat

***Not included:** your flights, travel insurance, local transfers or BASI exam fees (±USD 150-250)

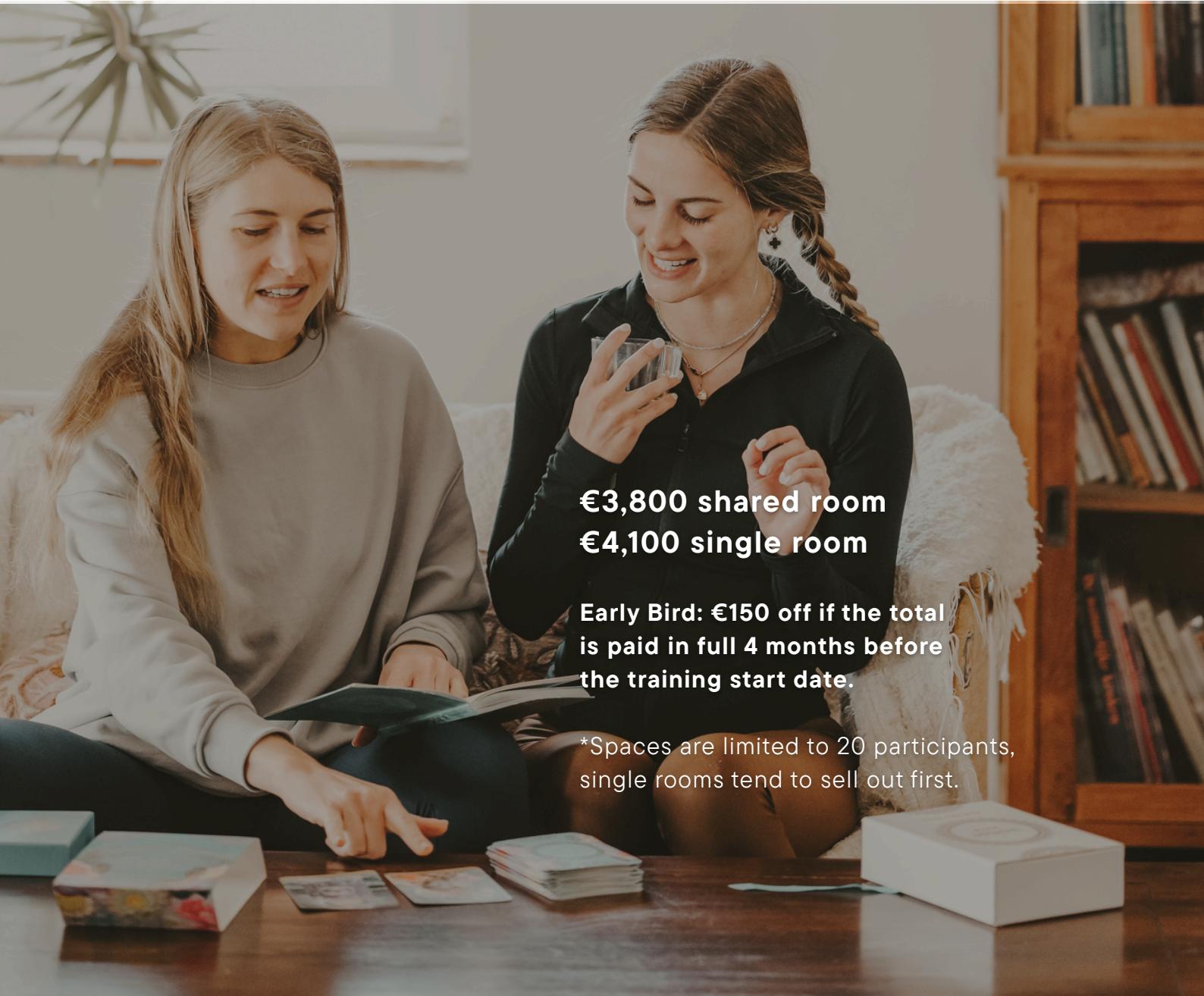
THE INVESTMENT

Must Feel Right



ONE CLEAR PRICE, NO HIDDEN FEES

Your tuition and retreat are included, no surprises, no add-ons. We offer an early-bird rate for those who commit early, and if finances are tight, we're happy to explore flexible payment plans with you. Just reach out, we'll find a solution together.



**€3,800 shared room
€4,100 single room**

**Early Bird: €150 off if the total
is paid in full 4 months before
the training start date.**

*Spaces are limited to 20 participants,
single rooms tend to sell out first.

MAKE 2026 YOUR YEAR



SPEND A WEEK WITH US IN PORTUGAL

*and Start your
Teaching Journey*



MONTE DAS CASOLAS
GRANDOLA, ALENTEJO

May 3 - 10

MONTE SOBRADINHO
LOULÉ, ALGARVE

Aug 22 - 29
Nov 28 - Dec 5

[APPLY NOW](#)



OUR TEAM

MEET YOUR HOSTS AND TEACHERS



GOOD ENERGY. SERIOUS EXPERIENCE.

The Life in Movement Team

Your retreat hosts, Mareile Paley and Dom Viera, are at the heart of your Teacher Training experience, ensuring everything runs seamlessly before, during, and after the retreat. With over 15 years of leading Pilates retreats, Mareile has been a pioneer in shaping BASI Pilates trainings into the thoughtful, immersive retreat format we offer today. Each retreat journey is guided and supported by a dedicated retreat host, so you can fully immerse yourself in the experience while the BASI faculty can focus 100% on teaching and mentoring.

Our BASI Pilates Faculty

All BASI Pilates education programs, including the Life in Movement retreats, are taught by highly qualified and experienced teachers. Becoming BASI Faculty is a rigorous, multi-year process, and each member is carefully hand-selected. Many of the BASI faculty have been teaching alongside Life in Movement retreats for years, creating strong personal connections with our team and students. Their expertise ensures that you receive a Pilates education of the highest international standard, recognized and respected worldwide.

QUESTIONS?

HERE ARE THE ONES WE HEAR THE MOST:



FAQS

What does a typical retreat day look like?

8:00 am: Morning mat class

9:00 am: Breakfast

10:00–12:30 pm: Lecture or theory review

12:30–3:30 pm: Long lunch break (time to rest, review, or enjoy the pool)

3:30–6:30 pm: Afternoon Reformer practice and teaching labs

7:00 pm: Dinner and informal discussions

The program runs six full training days and seven nights, with most of your time spent learning. There is some free time during our long lunch break. However, the retreat is an intensive and immersive training experience. If you wish to explore Portugal, consider arriving a few days early or staying afterward.

Do I need to study before the retreat?

Ideally, yes. You'll receive access to your BASI online learning portal about two weeks before arrival. Reviewing these materials in advance is essential to get the most out of the retreat. Please note that your manuals are provided in digital form. You can request permission to have your manuals printed if you prefer a pen-and-paper version.

What is the BASI FLEX format?

The FLEX program blends self-paced online learning with in-person, hands-on training. During the in-person retreat, we will cover the full BASI mat repertoire and up to intermediate level reformer exercises with plenty of time for teaching and cueing practice. Video lecture materials will be covered as needed.

Will I receive a certificate after the retreat?

You'll receive official BASI documentation of course completion. Your final BASI certification is awarded after completing your practice hours and passing the practical exam.

FAQS CONTINUED



What are the requirements after the retreat?

To complete your BASI certification, you'll need to log:

- 45 hours of observation
- 90 hours of self-practice
- 90 hours of teaching practice

You can complete these hours anywhere in the world — at a studio, at home, or with peers. BASI uses an honor-based tracking system within your personal student portal.

Will I need my own reformer?

No. Of course you don't need your own reformer, but you will need access to one in order to complete your practice house.

Where and how do I take the exam?

Once your hours are complete, you can take your final practical exam:

- In person at any BASI host studio worldwide, or
- Online, either live or via recorded submission (depending on current BASI policy).

When should I take the exam?

There's no fixed deadline. Most students complete their hours and take the exam within one to two years. BASI may request an update if more time passes.

Can I join if I've already completed the BASI Mat course?

Yes! You'll receive a €500 BASI alumni discount if you have completed the Mat Course with us and if you sign up for the first available retreat after your Mat Course. Other discounts and/or audit rates might apply if you have completed your Mat Course through a different BASI host.

Can I take only the Reformer portion?

No. BASI teaches Pilates as a complete, integrated system. The Mat and Reformer courses are delivered together as one comprehensive training.

What support will I have after the retreat?

You'll become part of both the BASI Global Network and the Life in Movement Alumni Community, with ongoing mentorship, practice opportunities, and guidance as you progress toward certification.

Who can I contact with questions?

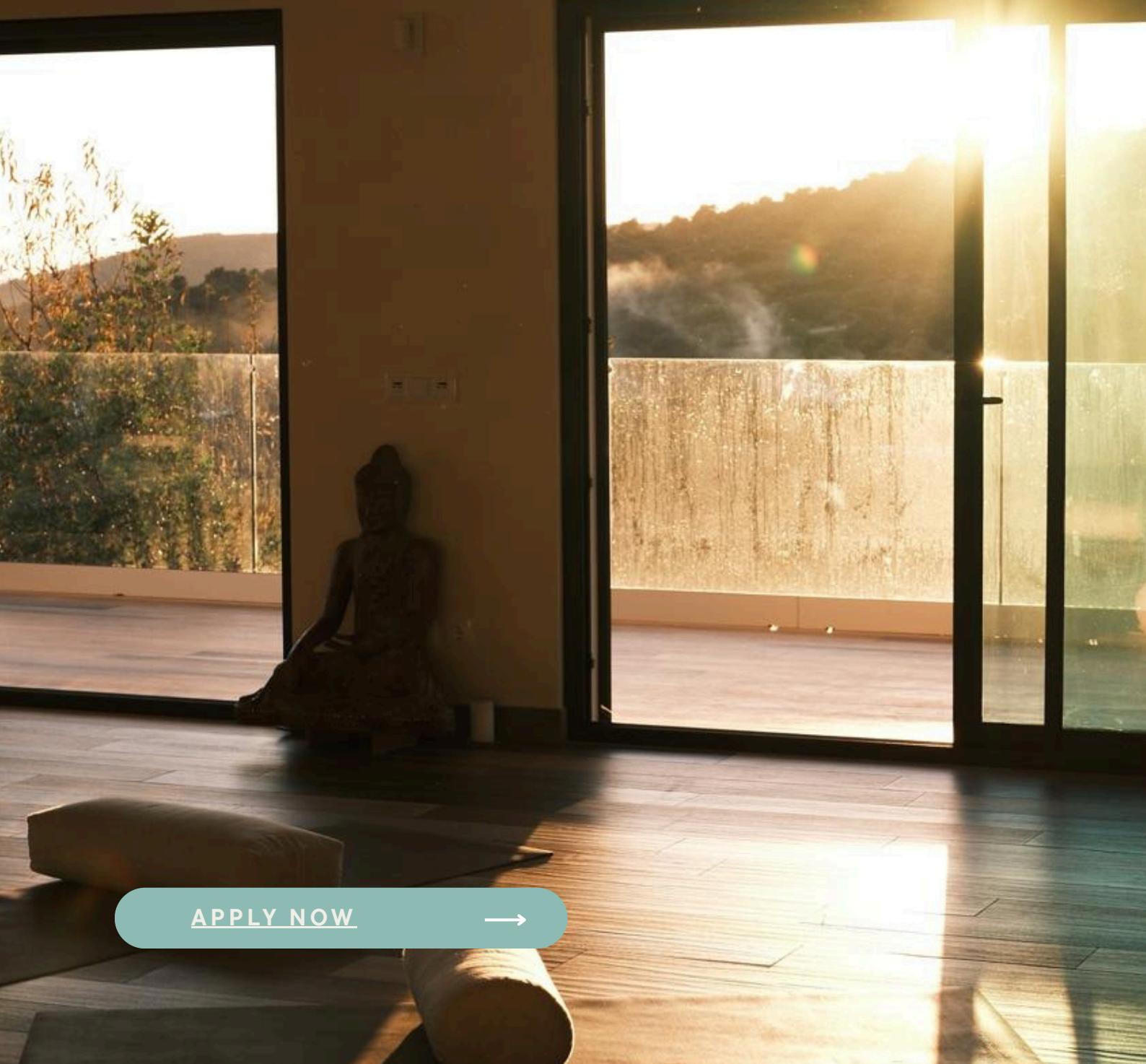
You can reach Mareile Paley directly via [email](#) or WhatsApp for any questions about registration, travel logistics, or course preparation.

BECOME PART OF OUR ECOSYSTEM



WE ARE EXCITED
TO MEET YOU
IN 2026

Join a Life in
Movement



APPLY NOW

