

- Polestar: Business Forum: 2010
- Balanced Body University: Faculty Training part 1-Mat & Reformer: 2008
- Polestar Advanced Assessment part 1: 2010
- Balanced Body University: Faculty Training part 2. 2008
- Balanced Body University: Core Align 2: 2011
- Pilates Method Alliance (PMA): Continuing Education: 2018
- Balanced Body University: Passing the Torch: 2011
- Bosu Integrated Balance Training for Group Fitness: 2001
- James Earls: Walking the Lines: Gait, Anatomy & Fascial Efficiency 2013
- Balanced Body University: Core Align 1: 2011
- Balanced Body University: Passing the Torch: Exclusive Pilates Mentorship Programme: 2011
- Polestar: Polestar Pilates Advanced Spine: 2011
- Balanced Body University: Anatomy in 3 Dimensions: Faculty Training: 2013
- Balanced Body University: Pilates based rehabilitation for the cyclist: 2017
- Broadway Pilates Ltd: 101 Mat Certification programme: 2003
- Balanced Body University: Biotensegrity Anatomy for the 21<sup>st</sup> Century: 2018
- Polestar: Pilates for the Dancer & Gymnast: 2011
- Polestar: Participant centered Problem Solving:
- Phi Pilates: Pilates Integrated Training Course: 2005
- Balanced Body University: Shoulder Biomechanics and Pilates-the basic five: 2017
- Balanced Body University: Reforming flexibility/Enhancing flexibility with Pilates: 2017
- Balanced Body University: Passing the Torch: week 1: 2011
- Pilates Method Alliance: Anatomy in 3 Dimensions: 2012
- Polestar: Open the Gait: 2011
- The 2015 Classical Pilates Conference Chicago: 14 seminar and lesson hours: 2015
- Balanced Body University: Movement Principles: 2018
- Phi Pilates: Mat Pilates with props course: 2005
- Bosu Integrated Balance Training: 2003
- Balanced Body University: Core Align 3: 2011
- Balanced Body University: Assessment and Treatment of Foot and Ankle injuries: 2018
- Pilates Method Alliance (PMA): Certified Pilates Teacher Designation: 2018-2020



- Balanced Body University: Testing the Core: 2018
- Balanced Body University: Pilates on Tour: Venice, Italy: 2018
- Powerhouse Pilates (Pennsylvania): Pilates Personal Training and Certified Pilates Instructor: 2004
- Balanced Body University: Pilates on Tour Manchester: 2024
- Polestar: Advanced Assessment part 2010
- **All Star Business Accreditation 2020/2021/2022/2023/2024/2025/2026** Awarded as #1 Pilates Studio in Ireland. Awarded to Pilates Performance 7 years in a row.
- **All-Ireland Business Foundation Fellow 2022.** Sarah MacLachlann (FAIBF) was admitted as an All-Star Business Fellow in December 2022.
- **All Star Business Accreditation 2020** (Lifetime business achievement award). Sarah MacLachlann is the sole holder of this award.
- **All Star Business 2025** awarded one of the Top 5 Women in Business
- **All Star Business 2026** awarded as the number one Woman in Business
- Achieving top global standards, **Pilates Method Alliance** (PMA) certification.