

Pilates Instructor Education System Comprehensive Primary Training

The Pilates + Yoga Studio's **Pilates Teacher Training Course** is structured as a one-year lecture, practicum and apprenticeship program, preparing you to take the Pilates Method Alliance (PMA) tests to become a PMA-Certified Pilates Instructor. It is taught by Platinum-Certified PMA Teacher-Trainer Mary J. Brown.

Prerequisites for the program include:

- ◆ a love of fitness
- ◆ a commitment to whole-body health
- ◆ a strong personal practice of the Pilates method amounting to an advanced beginner/intermediate level of competency
- ◆ no personal injuries which would preclude you from participating in a very physically strenuous practice
- ◆ a compassionate desire to teach and to assist all types of people with their movement experiences.

The lecturer/practicum requires you to be present at the majority of 9 weekend workshops:

2012 Schedule

Feb 17-19

Mar 16-18

April 20-22

May 18-20

July &&&&

Aug 17-19

Sept 21-23

Oct 19-21

Nov 16-18

The apprenticeship portion requires you to observe, practice teach, workout and take lessons at the Pilates Studio. You will need to complete 600 hours (consisting of the lecture and apprenticeship portions) in a one-year (13 month) time span. This is in keeping with the Pilates Method Alliance requirement for a comprehensive Pilates Instructor training program.

Program may be started in the spring, summer or the fall commencing with the weekend workshops.

Program fee is \$3500.

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Fee may be split into 2 payments of \$1750 during the course of your training, with payments accepted before each weekend lecture cycle begins at your 6-month mark.

Fee includes all weekend lectures, teaching clinics and written testing.

The three remaining practical tests are \$75 each and will be scheduled with the program director. Students are responsible for finding their own "clients" for the testing process, but the studio/program director can assist you with this.

Fee does not include the costs of your lessons, cost of books or other materials.

A monthly studio fee of \$125 will cover your use of the studio for personal workouts, practice teaching hours, observation hours and also gives you the opportunity to take any studio mat or equipment classes (space permitting).

If you need more time to complete the program you may purchase a training extension at the rate of \$125 a month for as many months as you need for completion. This would be in addition to the monthly studio fee.

During your year-long program there will be numerous opportunities for question and answer sessions with the program director, practical teaching evaluations and practice tests.

After completion of the lecture and apprenticeship portions of the program you will perform 5 different tests to receive your certificate of completion for the full Instructor Education course. The tests are as follows: a practical mat teaching test, a practical equipment teaching test, a practical performance embodiment test, a written anatomy test and a written theory test.

After receiving the certificate of completion, you are eligible to sit for the Pilates Method Alliance boards to receive your national Pilates Certification.