

# Core Pilates & Yoga Pilates Teacher Training

## Pre-requisites:

Knowledge of the teachings of Joseph Pilates and experience within the health and fitness industry is highly recommended. Each student should be familiar with the techniques and practices of Pilates, both Mat and Apparatus. Prior fitness activity can also work to develop body awareness, strength and flexibility required to execute movements and endure the training intensives.

Embarking on our 450-Hour Pilates Teacher Training Program requires commitment and consistency. During the course, students will have access to Core Pilates & Yoga Studio for observation hours, practice hours and student teaching (a \$10 fee/client applies for student teaching hours). Our Mission is to help you acquire the skills and confidence to assess your client's needs, work with them to determine their goals and then select the appropriate exercise modalities to achieve results. Using the Pilates Method learned through our 450-Hour Comprehensive Teacher Training Program will give you the knowledge to teach to "the body in front of you". Choosing Core Pilates & Yoga as your studio and the Pilates Education Institute (presented by ZenLates Training Systems) as your resource will guarantee a comprehensive training helping you achieve and enjoy a long, profitable Pilates career.

Upon successful completion of the 450-Hour Pilates Teacher Training Program, you will be eligible to apply and sit for the PMA (Pilates Method Alliance) Exam.

## Requirements for Completion of the 450-Hour Pilates Teacher Training Program:

- Anatomy and Movement Science – includes structure, posture and movement analysis
- Pilates Philosophy, History and Code of Ethics
- Mat Instructor Training: Exercises for Mat I, II and III; course work, written and practical
- Reformer Instructor Training: Exercises for Reformer I & II; course work, written and practical
- Tower/Half Trap: course work, written and practical
- Chair: course work, written and practical
- Ladder Barrel and Spine Corrector: course work, written and practical
- 75 self-practice hours; 115 student teaching hours, 75 observation hours (approx.. 15 – 20/module)
- Final Exam upon completion (able to complete exams after select modules)