

The Smartbody Pilates Instructor Certification Program **2011:**

*Interested in a career as a Pilates instructor?
You can now choose from 2 options: Mat and Comprehensive!*

Smartbody Pilates Studio is proud to offer a mat as well as a comprehensive Pilates Instructor Training Program starting on January 8, 2011.

Registration Deadline: November 15, 2010.

Maximum number of participants:

Mat: 10

Comprehensive: 6

Course Content Mat:

This 130 hour program is an in-depth study of the Pilates Method, covering:

- Functional anatomy and the basic physics of movement.
- Fundamental through advanced mat exercises and the use of props.
- The objective behind each exercise, modifications for different skill levels and correct movement sequencing.
- Effective teaching and communication tools, including verbal and tactile cueing.



Course Content Comprehensive:

This 600 hour program is an in-depth study of the Pilates Method, covering:

- Functional anatomy and the basic physics of movement.
- Fundamental through advanced mat and equipment (Reformer, Cadillac, Chair Springboard and Ladder Barrel exercises.)
- The objective behind each exercise, modifications for different skill levels and correct movement sequencing.
- Effective teaching and communication tools, including verbal and tactile cueing.

Course Structures:

Both programs are divided into a *Lecture Segment* and a *Self-Study/ Teaching Segment*.

- The *Lecture Segment*, covering the information laid out above, will occur in scheduled blocks starting in January 2011 (January to March for mat) and ending in June 2011. The lectures will total approximately 40 hours and 120 for comprehensive. Students must be available for all Lectures.

- The majority of both courses fall under the *Self Study / Teaching Segment*.

This segment will consist of observation hours, self practice, attending mat classes, practice teaching and private lessons. The total number of hours in this segment is approximately 90 for the mat program and 480 for the comprehensive.

Students will have some flexibility in creating their own schedules, as long as they are able to fill a weekly quota of hours.

The final exams will be scheduled for end of March 2011 (mat) and end of November 2011 (comprehensive).

Enrollment and pre-requisites:

Smartbody's Pilates Teacher Training Program is suitable for students who are in excellent physical condition (injured or pregnant candidates will not be considered), who have a minimum of 1 years' previous experience with Pilates at a strong intermediate level, and are prepared to devote an average of 12-15 hours a week to the program.

All interested candidates should call or email Smartbody to schedule an evaluation lesson.

During the evaluation, pre-requisite Pilates hours may be assigned to get the student ready for the program.

Evaluations can be schedule during the months of July, September and October 2010.

Tuition:

Mat Program: 1500 Euro

Comprehensive Program: 4200 Euro

These fees include all costs associated with attending the program, except books.

Questions? Further Info?: Please contact Jelena Petrovic at info@smartbodystudio.com