

## **The Smartbody Pilates Instructor Certification Program** **2012:**

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

Smartbody Pilates Studio is proud to offer its third mat/comprehensive *Pilates Instructor Training Program* starting on Saturday January 7, 2012.

Registration Deadline: November 15, 2011.

**Maximum number of participants:**

Mat: 10

Comprehensive: 8

**Minimum number of participants:**

Mat: 5

Comprehensive: 5

**Course Content Mat:**

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

- 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 550 hour program is an in-depth study of the Pilates Method, offering:

- 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.
- Regular access to Pilates equipment for self practice and teaching
- Regular syllabus reviews

### **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 40 hours for mat and an additional 72 hours for comprehensive. Students must be available for all Lectures.
- The *Self Study / Teaching Segment*, consisting of observation hours, self practice, attending mat classes, studying anatomy and Pilates, and practice teaching. The total number of hours in this segment is 90 for the mat program and 438 (add these hours to the mat hours for a grand total of 550) 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 30 and 31, 2012 (mat) and early November 2012 (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 **13-16 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 between September 1 and November 15, 2011.

### **Tuition:**

Mat Program: 1500 Euro + 19 % BTW (reclaimable)

Comprehensive Program: 4200 Euro + 19% BTW (reclaimable)

These fees include all costs associated with attending the program, except books and private lessons with Smartbody teachers.

**Questions? Further Info?:** Please contact Jelena Petrovic at [info@smartbodystudio.com](mailto:info@smartbodystudio.com)