

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

### **Pre-requirements for Entering the Program:**

- A minimum of 2 years' moment experience – Pilates, dance, Yoga, or other similar activity.
- A strong Intermediate level in Pilates matwork.
- Evaluation lesson/interview
- Completed Application form and 250 Euro Deposit by November 15, 2011.

### **Course Requirements, Mat:**

- 40 hours of Lectures
- 20 hours of Observation
- 50 hours of Self Practice
- 20 hours of Practice Teaching
- Successful completion of Practical and Written Exam

**Total hours: 130**

### **Course Literature:**

Anatomy of Movement by Blandine Calais Germain

Pilates Body in Motion by Alycea Ungaro