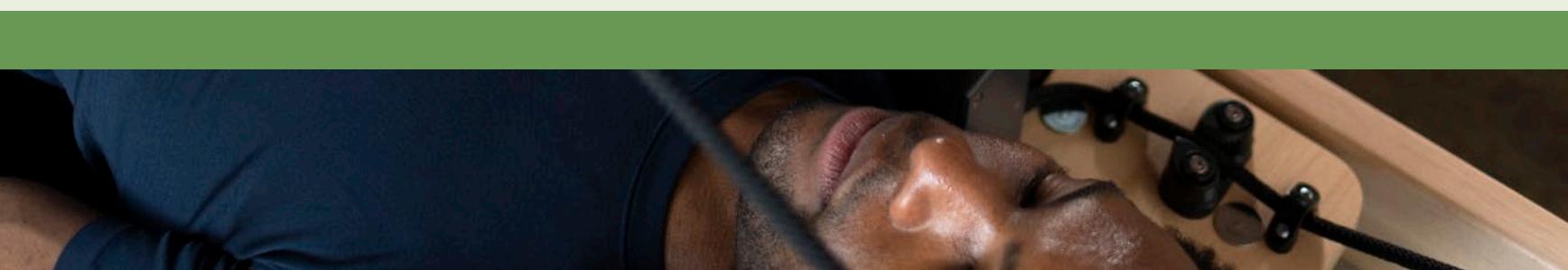




Balanced Body<sup>®</sup>

Teacher Training at The Pilates Workshop





Turn your passion into your career. Join us to start or continue your professional journey!

Balanced Body is the worldwide leader in Mind-Body Education. Our programs are based on the Balanced Body Movement Principles, providing a strong foundation and giving you a deep understanding of how the body works and how to make it work better.

With the largest global network of teachers, Balanced Body offers courses at authorized training centers around the world. We work with the best educators in Pilates and complementary disciplines providing learning opportunities that are stimulating, personalized and deeply rooted in the art and science of movement. Learn and grow with programs that develop your mind, body and career.

From instructor training to our renowned Pilates on Tour<sup>®</sup> conferences, Balanced Body is committed to supporting your personal and professional growth.

# Balanced Body® Pilates Program Overview

Course of Study	Pre-requisite Requirements	Pilates Modules				Test Out Requirements
<b>Mat Instructor Training</b>	<ul style="list-style-type: none"> <li>» 10 Pilates Mat sessions</li> <li>» 6 Months work experience in related field recommended</li> <li>» Anatomy (recommended)</li> </ul>	Movement Principles	Mat 1	Mat 2	Mat 3	<ul style="list-style-type: none"> <li>» Successful completion of Movement Principles, Mat 1, 2 and 3 modules.</li> <li>» Completion of practice hours - 20 Mat personal sessions, 15 observation hours, 35 students teaching hours.</li> <li>» Anatomy (recommended)</li> <li>» <b>Total hours: 134</b></li> </ul>
<b>Reformer Instructor Training</b>	<ul style="list-style-type: none"> <li>» 20 Reformer sessions</li> <li>» 1 year work experience in related field recommended</li> <li>» Anatomy required prior to test out</li> </ul>	Movement Principles	Ref 1	Ref 2	Ref 3	<ul style="list-style-type: none"> <li>» Successful completion of Movement Principles, Reformer 1, 2 and 3 modules.</li> <li>» Completion of practice hours - 30 Reformer personal sessions, 30 observation hours, 90 students teaching hours.</li> <li>» Anatomy</li> <li>» <b>Total hours: 230</b></li> </ul>
<b>Mat and Reformer Instructor Training</b>	<ul style="list-style-type: none"> <li>» 20 Reformer sessions</li> <li>» 1 year work experience in related field recommended</li> <li>» Anatomy required prior to test out</li> </ul>	Movement Principles	Mat 1 Ref 1	Mat 2 Ref 2	Mat 3 Ref 3	<ul style="list-style-type: none"> <li>» Successful completion of Movement Principles, BB Mat modules or comparable program.</li> <li>» Successful completion of Reformer 1, 2 and 3 modules.</li> <li>» Completion of practice hours - 20 Mat personal sessions, 30 Reformer personal sessions, 45 observation hours, 125 student teaching hours.</li> <li>» Anatomy</li> <li>» <b>Total hours: 348</b></li> </ul>
<b>Comprehensive Instructor Training</b>	<ul style="list-style-type: none"> <li>» 20 Pilates studio sessions</li> <li>» 1 year work experience in related field recommended</li> <li>» Anatomy required prior to test out</li> </ul>	Movement Principles	Mat 1 Ref 1 App 1 or Trap	Mat 2 Ref 2 App 2 or Chair	Mat 3 Ref 3 App 3 or Barrels	<ul style="list-style-type: none"> <li>» Successful completion of Movement Principles, Mat, Reformer and Apparatus modules.</li> <li>» Completion of practice hours - 20 Mat personal sessions, 65 Reformer and Studio personal sessions, 65 observation hours, 220 student teaching hours.</li> <li>» Anatomy</li> <li>» <b>Total hours: 540</b></li> </ul>

Movement Principles required for all programs

# Balanced Body<sup>®</sup> Movement Principles

The Balanced Body Movement Principles form the foundation of Balanced Body Education. They include essential information on anatomy, assessment and kinesiology along with key exercises used in every movement discipline. Understanding how the body moves makes you a better instructor.

## MOVEMENT PRINCIPLES (16 HOURS)

### Prerequisite for all Pilates course work

The Movement Principles provides a solid foundation for training in any environment, with any equipment. You will come away with a complete tool box for effectively training clients to recover from injuries, improve their general fitness and enhance their performance.

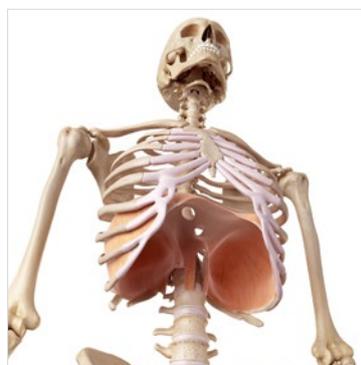
The movement principles course includes five sections:

- » Whole Body Movement
- » Trunk Integration
- » Lower Body Strength and Power
- » Upper Body Strength and Balance
- » Dynamic Flexibility, Rest and Relaxation.

The focus on practical understanding of common movement patterns prepares instructors to be excellent at problem solving, goal setting and learning new exercise techniques with ease.

## PROGRAM INCLUDES:

- » General discussion and overview of anatomy including bones and joints in specific relationship to movement.
- » Exercise instruction in foundational exercises which apply to any movement and fitness setting.
- » A detailed, full colour manual with video support to enhance your learning experience.
- » Cueing, coaching and teaching tips.





# Balanced Body® Mat Instructor Training

Mat work is the foundation of the Pilates method. The Balanced Body Mat program includes the full repertoire of Pilates exercises, along with modifications and variations to make your program successful for a wide range of clients. By incorporating the Balanced Body movement principles, we give you the power to be a transformative teacher.

## MAT 1 (16 HOURS)

### Introduction to Pilates & Beginning/Intermediate Exercises

Prerequisites: Movement Principles, 10 Mat classes. 6 months experience teaching movement and anatomy recommended.

Mat 1 forms the foundation of the Pilates method. This course includes an introduction to the history and principles of the Pilates method and the beginning and intermediate level exercises. Each exercise includes training on modifications, challenges, the purpose of the exercise and any precautions for injuries and special populations. How to design and teach group classes and guidelines for teaching seniors and pre and post-natal classes are included.

## MAT 2 (16 HOURS)

### Intermediate/Advanced Exercises

Prerequisite: Movement Principles and Mat 1

Mat 2 teaches the remaining intermediate and advanced level Mat exercises for a complete understanding of the Pilates Mat program. Lectures include progressive skill development to achieve the advanced exercises, programming for intermediate and advanced classes and creating successful Mat classes.

## MAT 3 - ENHANCED MAT AND PROPS (16 HOURS)

### Enhanced Mat + Props

Prerequisite: Mat 1 and 2 or successful completion of comparable Pilates mat program.

CEC course: Take for continuing education credits or simply to add infinite variety to your current Mat programming. Students who have taken Mat training, either from Balanced Body or another provider are welcome.

Enhanced Pilates Mat completes the mat training by adding rings, rollers, bands and balls to the traditional Mat exercises. In addition, Enhanced Mat includes functional exercises for the upper and lower body expanding the Mat work beyond the core to develop whole body strength and flexibility. The Balanced Body Programming System is introduced to make class design easy, effective and fun. Adding props to a mat class makes them more dynamic, creative and accessible and clients love toys!

## MAT PROGRAM INCLUDES:

- » Instruction in the complete pre-Pilates and Balanced Body Mat exercises.
- » A detailed, full colour manual with accompanying video support to enhance your learning experience.
- » Mat class design and delivery based on the Movement Principles and Balanced Body Programming System.
- » Development of cueing, coaching and teaching skills.
- » Safety information for teaching older adults, pre and post natal women, and clients with back, knee, neck and shoulder conditions.

## REQUIREMENTS FOR COMPLETION - MAT ONLY

To become a fully qualified Balanced Body Mat Instructor, students must complete the following:

- » Anatomy (strongly recommended)
- » Balanced Body Movement Principles (16 hours)
- » Balanced Body Mat 1 - Course work and module test (16 hours)
- » Balanced Body Mat 2 - Course work and module test (16 hours)
- » Balanced Body Mat 3 - Course work and module test (16 hours)
- » 20 Mat personal sessions, 15 observation hours and 35 student teaching hours
- » Final written and practical test.

Total hours for completion of Mat program: 134 hours.

Upon completion of all requirements, a certificate of completion as a Balanced Body Mat Instructor will be issued.

# Balanced Body® Reformer Instructor Training

The Reformer, developed by Joseph Pilates, is an extraordinarily flexible piece of exercise equipment. Learn how to use the Reformer and Pilates exercises to create powerful programming designed to optimize your clients potential.

## REFORMER 1 (16 HOURS)

### Introduction to the Reformer & Beginning Exercises

Prerequisites: Movement Principles and 20 Reformer classes.  
Anatomy required prior to testing out.

This course introduces the Universal Reformer, the center piece of the Pilates equipment studio and an invaluable training tool. Reformer 1 includes an introduction to safely using the Pilates Reformer for a wide variety of supine, seated and standing exercises for the beginning to intermediate student. Movement Principles include improving lower body alignment, creating balanced muscle development and learning a protocol for effectively training the upper body.

## REFORMER 2 (16 HOURS)

### Intermediate Exercises

Prerequisite: Reformer 1

Reformer 2 expands the potential of the Reformer with intermediate and advanced exercises and modifications along with programs designed for special populations including pre-and post-natal clients and clients with osteoporosis and lower back injuries. Class design, dynamic assessment and correcting common dysfunctional movement patterns are also included.

## REFORMER 3 (16 HOURS)

### Advanced Exercises & Programming

Prerequisite: Reformer 2

Reformer 3 is the pinnacle of the Reformer work and includes advanced and super advanced exercises to challenge clients to achieve their best. Progressive sequences designed to teach students advanced movement skills are included along with an introduction to the revolutionary Principle Based Programming System helping you to create successful classes for clients at any level.

## REFORMER PROGRAM INCLUDES:

- » Exercise instruction in the complete Reformer repertoire.
- » A detailed, full colour manual with video support.
- » Successful class design and delivery based on the Movement Principles and Balanced Body Programming System.
- » Instruction in observing and analyzing posture and movement.
- » Development of cueing, coaching and teaching skills.
- » Guidelines for teaching older adults, pre and post-natal women, and clients with common orthopedic conditions.
- » Equipment safety and maintenance.

## REQUIREMENTS FOR COMPLETION - MAT & REFORMER

To become a fully qualified Balanced Body Mat and Reformer Instructor, students must complete the following:

- » Movement Principles (16 hours)
- » Balanced Body Mat 1 - Course work and test (16 hours)
- » Balanced Body Mat 2 - Course work and test (16 hours)
- » Balanced Body Mat 3 - Course work and test (16 hours)
- » Balanced Body Reformer 1 - Course work and test (16 hours)
- » Balanced Body Reformer 2 - Course work and test (16 hours)
- » Balanced Body Reformer 3 - Course work and test (16 hours)
- » Anatomy must be completed prior to testing
- » 20 Mat personal sessions, 30 Reformer personal sessions, 45 observation hours and 125 student teaching hours
- » Final written and practical test

Total hours for completion of Reformer program: 332 hours (not including anatomy).



## REQUIREMENTS FOR COMPLETION - REFORMER ONLY

To become a fully qualified Balanced Body Reformer Instructor, students must complete the following:

- » Movement Principles (16 hours)
- » Balanced Body Reformer 1 - Course work and test (16 hours)
- » Balanced Body Reformer 2 - Course work and test (16 hours)
- » Balanced Body Reformer 3 - Course work and test (16 hours)
- » Anatomy must be completed prior to testing
- » 30 Reformer personal sessions, 30 observation hours and 90 student teaching hours
- » Final written and practical test

Total hours for completion of Reformer program: 214 hours (not including anatomy).

# Balanced Body® Comprehensive Pilates Instructor Training

The Trapeze Table, Chair, Barrels and small equipment complete the Pilates exercise system. Each apparatus adds an extra dimension to private or group work. The course is delivered 2 different ways, as individual apparatus modules or combined as Mixed Apparatus modules. Choose which works best for you.

## INDIVIDUAL APPARATUS COURSES

Prerequisite: Movement Principles, Mat 1 and Reformer 1 or equivalent, 20 Pilates studio sessions.

1 year work experience in related field recommended.

### TRAPEZE TABLE/CADILLAC/TOWER (18 HOURS)

Provides a thorough introduction to Trapeze Table and Tower exercises as well as applications for beginning, post-rehabilitation and advanced clients. This training is appropriate for students working with the Allegro® or Allegro 2 Tower of Power®, Half Trapeze and Wall Tower as well as those working with full Trapeze Tables. Sequencing programs using multiple pieces of equipment are covered as well as equipment set up, safety and maintenance.

### PILATES CHAIR MODULE (14 HOURS)

The chair is great for doing strengthening work with athletic clients, and as an addition to group programming in combination with the Mat. Includes exercises and variations for the original Wunda chair, the EXO chair and the split pedal Combo Chair. This course includes exercises and programming for both personal training sessions and classes.

### PILATES BARRELS (6 HOURS)

Includes exercises and variations for the Step Barrel and Ladder Barrel, both are excellent tools for enhancing spinal mobility and core strength. The Ladder Barrel is most commonly used in a studio setting while the Step Barrel is a great addition to group classes.

## COMPREHENSIVE PROGRAM INCLUDES:

- » Exercise instruction on the complete Balanced Body Trapeze Table or Tower, Chair, Ladder Barrel, Step Barrel and small apparatus repertoire.
- » Detailed, full colour manuals with accompanying video support to enhance your learning experience.
- » Successful class design and delivery based on the Movement Principles and Balanced Body Programming System.
- » Development of cueing, coaching and teaching skills.
- » Development of critical thinking and problem solving skills for common physical limitations and conditions.
- » Equipment safety and maintenance.

## REQUIREMENTS FOR COMPLETION - COMPREHENSIVE

To become a fully qualified Balanced Body Comprehensive Pilates Instructor, students must complete the following requirements:

- » Movement Principles (16 hours)
- » Balanced Body Mat instructor training coursework
- » Balanced Body Reformer instructor training coursework
- » Balanced Body Trapeze Table/Cadillac (or Tower) coursework (18 hrs)
- » Balanced Body Chair coursework (14 hours)
- » Balanced Body Barrels coursework (6 hours)

### OR

- » Apparatus 1 (14 hours), Apparatus 2 (12 hours) and Apparatus 3 (12 hours) course work and module tests
- » Anatomy must be completed prior to testing out
- » 20 Mat personal sessions, 65 Reformer and Studio personal sessions, 65 Observation sessions, 220 student teaching hours
- » Final written and practical test

Total hours for completion: 520 hours (not including anatomy)

# Pilates Instructor Training Hours

## PERSONAL SESSIONS

Students can count any classes or Pilates personal training sessions they have already taken. Developing and committing to a personal Pilates practice is an essential part of becoming an effective and inspiring instructor.

## OBSERVATION HOURS

Observation hours include watching experienced instructors teach group class or private sessions in person, on line or watching the Instructor training videos. Observation is a great way to understand verbal and manual cueing, program sequencing and to hone your teaching skills.

## STUDENT TEACHING HOURS

Teaching hours include any Pilates teaching either as an employee at a fitness center or studio or for family and friends.



# Completing the Balanced Body Pilates Instructor Training Program

To become a fully qualified Balanced Body Pilates Instructor (Mat, Reformer and Comprehensive) you must complete all required coursework, hours and pass a written and practical exam to demonstrate your teaching abilities.

Exams are regularly scheduled at Balanced Body Authorized Training Centers and at trade shows and conferences in different parts of the world. If you are not able to test out due to geographical challenges, testing out by video may be arranged. Students do not need to test out individually for Mat, Reformer and Apparatus. Students only need to test out when they have reached the highest level they intend to complete. For example, students completing only the Mat will test out after Mat coursework and hours, students completing Mat and Reformer will test out after Mat and Reformer coursework and hours, and students finishing the Comprehensive program will test out after they have completed all of the coursework and hour requirements.

Once you have completed all hours and are ready to test out, fill out and send the test out application available at [pilates.com](http://pilates.com) to the Balanced Body office. Balanced Body reviews your records, approves a test out and sends specific details to you.

The final test consists of a written exam and the observation of a session with a client or class. Once a student has completed all of the requirements s ready for the test out they must first submit a test out application which is available at [www.pilates.com](http://www.pilates.com). Application must be sent to and approved by the Balanced Body education office. Balanced Body will verify the coursework and hours and once approved, will provide students with test outs available in their area.

## THE PRACTICAL EXAM

During the exam your teaching skills will be evaluated in the following areas:

- » Correct set-up and execution of the exercises
- » Client safety
- » Appropriate sequencing
- » Appropriateness of the exercises to the client or class
- » Understanding and application of the principles
- » Cueing and the ability to communicate with your client or class

If students do not pass on the first try, Balanced Body will discuss what they need to focus on in order to pass and set up a time line for completion.

## THE WRITTEN EXAM

The written exam is a combination of multiple choice, short answer questions and an essay. The written exam covers exercise progressions, programming, appropriateness, organization, equipment setup & maintenance, special population & safety protocols.

## FINAL TEST FEES

All published prices for Balanced Body courses include the course fee only. There may be a cost associated with personal sessions and any costs associated with completing observation and student teaching hours are not included in the cost of the training program and are the responsibility of the student. Successful completion of the program does not guarantee employment.

## Upon completion of all requirements

- » A certificate of completion as a Balanced Body Mat, Mat and Reformer, Reformer or comprehensive Pilates Instructor will be issued.
- » You will be listed on the Balanced Body website as a qualified Balanced Body Pilates Instructor

## CONTINUING EDUCATION REQUIREMENTS

16 hours of continuing education every 2 years are required to maintain your listing on our website as a Balanced Body Pilates instructor. Listing on our website provides exposure to a variety of sources including potential students, clients or employers. Continuing education credits can be earned through workshops from Balanced Body or any of our affiliated educators or approved continuing education providers.

Balanced Body reserves the right to change requirements at any time.

# Balanced Body Continuing Education

In addition to our Pilates instructor training program, Balanced Body offers exceptional continuing education opportunities with conferences & mentorships:

## PILATES ON TOUR®

Around the world, Pilates on Tour® conferences set the standard for high quality continuing education. Past Pilates on Tour instructors include Pilates Elders Mary Bowen, Ron Fletcher, Kathy Grant and Lolita San Miguel, as well as over 50 master teachers from every part of the Pilates universe.

Small classes, excellent instructors and plenty of equipment give you the opportunity to really absorb what you learn. Whether you are looking for new exercises, great group programming, improving your teaching skills or tips on growing your business, Pilates on Tour® will inspire you to mastery.

Treat yourself to the warmest, friendliest Pilates conferences in the country and enjoy a weekend of learning, networking and fun.

Come see what everyone is talking about!

## PASSING THE TORCH™ EXCLUSIVE PILATES MENTORSHIP

Passing the Torch is designed for experienced Pilates teachers who long for a deepening of their work through in-depth study with a Master Teacher. Balanced Body has partnered with the "best of the best" Pilates teachers to offer this exciting opportunity.

This unique program is set up as one-, two- or three-week intensives with the Master Teacher of your choice. Each teacher's program reflects their specific interests and passions. Students choose the mentor they want to work with from our outstanding group of inspirational teachers.

This is an unprecedented opportunity to take your teaching to the next level.

Visit [pilates.com](http://pilates.com) for more information.



## Why Should You Attend Pilates on Tour®?

The most prestigious continuing education conference for mind body professionals.

- » Intimate classes and plenty of equipment to play with.
- » The best instructors and the brightest students.
- » That's Pilates on Tour.

Invest in you and your clients. These classes and workshops will enrich and deepen your practice while enhancing your clients' experience. Early registration discounts apply to most events.

Learn more at [pilates.com/pilatesontour](http://pilates.com/pilatesontour)

