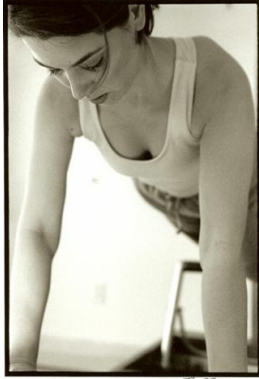




## PILATES TEACHER TRAINING PROGRAM



Harmony Pilates Studio offers in-depth and comprehensive learning for the developing Pilates Professional. Our program's outstanding reputation has been built over a period of many years, having educated some of the region's most successful instructors. The Harmony Pilates Studio directors, Dilla Mastrangelo and Sueann Fenchel, both Pilates Method Alliance (PMA) Certified Pilates Teachers™ (PMA-CPTs™), each have more than 20 years of longevity in the field. They are known for their detailed approach and positive coaching style. Harmony's program is true to the principles and exercises of Joseph Pilates while integrating recent advances in the field of movement education.

### Pilates Teacher Training Tracks

#### Mat, Mat/Reformer, and Comprehensive Teacher Training Tracks

Harmony's Teacher Training offers students three tracks to choose from in accordance with the level of commitment that is possible and/or desirable for him/her.

1. *Mat Teacher Track*

Prepares students to teach private and group Pilates mat classes in a health club or studio setting. Course content includes the Pilates principles, anatomy, and movement fundamentals.

2. *Mat/Reformer Teacher Track*

Prepares students to teach private Reformer lessons and group mat classes in a health club or studio setting. Course content includes the Pilates principles, Mat and Reformer exercises, anatomy, and movement fundamentals.

3. *Comprehensive Teacher Track*

This is the only track that prepares students to teach the FULL Pilates method on all apparatus (Mat, Reformer, Chair, Cadillac, and Barrels) to a range of client levels including modifications for special populations. This year long course of study includes observation and mentoring with experienced teachers and qualifies students to pursue certification through the Pilates Method Alliance, the professional credential recognized worldwide.

## Prerequisites and Personal Practice

Self-mastery is an essential part of developing oneself as a teacher, therefore students must take a minimum number of private lessons with an experienced instructor prior to and during enrollment in our program. Please note that the number of lessons listed below is considered the minimum. We encourage students to take more lessons in order to achieve higher levels of proficiency, if possible.

*Mat Teacher Track* – 10 private lessons

**5 prior to starting the program**

5 lessons between seminar weekends 1 and 3

*Mat/Reformer Teacher Track* – 20 private lessons:

**10 prior to starting the program**

10 lessons between seminar weekends 1 and 3

*Comprehensive Teacher Track* – 30 private lessons using all of the apparatus:

**10 prior to starting the program**

20 between seminar weekends 1 and 3

## Required Texts

Anatomy Coloring Book by Wynn Kapit/Lawrence M. Elson, 3<sup>rd</sup> Edition

Anatomy of Movement by Blandine Calais-Germin and Andree Lamotte

Dynamic Alignment Through Imagery by Eric Franklin

Return to Life by Joseph Pilates

## Coursework

### Principles and Pedagogy

This two day, foundational course is designed for students of all three training tracks as an introduction to:

- The History of Pilates
- Anatomy for Pilates Teachers
- Understanding and Applying the Movement Fundamentals
- Verbal Cueing Techniques and Modifications for a Beginner Mat Sequence
- Practice Teaching for the Novice

### Seminars Levels 1 -4

The teacher training program is designed to progressively advance the student's personal practice, self awareness, teaching skill and understanding of the Pilates method. Each seminar will consist of demonstration and practice teaching, anatomy, discussion, and professionalism as outlined by the PMA's Scope of Practice and Code of Ethics. An extensive, illustrated manual will be provided.

## Mat Track

Mat Track students begin their training with the Principles and Pedagogy Course. After that they attend the first day of Levels 1, 2, and 3 weekend seminars (Fridays). In the interim, students strengthen their skills through documented hours of workouts and practice teaching. Additionally, two review sessions will be offered at the discretion of Harmony's educators.

### Mat Requirements at a Glance: 164 hours

- Principles and Pedagogy – 12 hours
- 3 Weekend Seminars – 18 hours
- 2 Review Sessions – 4 hours
- Practicum Hours
  - 10 private lessons
  - 60 personal practice hours
  - 60 practice teaching hours
- Anatomy Assignments
- Written and Practical Final Exam



This Track gives students the option of returning the following year to complete either the Mat/Reformer Track or the Comprehensive Track by retaking all of the mat coursework at a 50% discount and completing all of the other requirements of the chosen track.

## Mat/Reformer Track

Mat/Reformer Track students begin their training with the Principles and Pedagogy Course. After that they attend days one and two (Friday, Saturday) of all four subsequent weekend seminars. In the interim, students strengthen their skills through documented hours of personal practice and practice teaching. Additionally, two review sessions will be offered at the discretion of Harmony's educators.

### Mat/Reformer Requirements at a Glance: 286 hours

- Principles and Pedagogy – 12 hours
- 4 Weekend Seminars – 48 hours
- 2 Review Sessions – 6 hours
- Practicum Hours
  - 20 private lessons
  - 100 personal practice hours
  - 100 practice teaching hours
- Anatomy Assignments
- Written and Practical Final Exam



It is suggested that students in this track acquire special permission to practice in a local studio or purchase a reformer on which to practice teaching. Completion of this track gives students the option of returning the following year to complete either the Mat/Reformer Track or the Comprehensive Track by retaking all of the mat/reformer coursework at a

50% discount and completing all of the other requirements of the chosen track. Graduation from this track does NOT qualify students to take the PMA Certification Exam.

## Comprehensive Teacher Track

The Comprehensive Track is the only track that prepares students for PMA Certification, a widely recognized credential for Pilates professionals worldwide. Comprehensive Track students begin their training with the Principles and Pedagogy Course followed by all 4 week-end seminar levels. In the interim, students strengthen their skills through documented hours of personal practice and practice teaching. Additionally, two review sessions will be offered at the discretion of Harmony's educators.

### Comprehensive Track Requirements at a Glance: 450 Hours

- Principles and Pedagogy - 12 hours
- 4 Weekend Seminars - 72 hours
- 2 Review Sessions – 6 hours
- Practicum Hours
  - 30 private lessons
  - 130 personal practice hours
  - 125 practice teaching hours
  - 75 observation hours
    - 15 hrs observing first 5 lessons for new beginner clients
    - 55 hrs observing any level clients
- Anatomy Assignments & Homework Questions
- Written and Practical Final Exam (additional fee)



### Apprenticeship

Students in the Comprehensive Track gain practical experience by observing experienced teachers at either Harmony Pilates Studio or at another approved studio under the guidance of comprehensive or PMA-CPTs™.

### Practice Teaching

Over the course of the program, students will complete 125 hours of teaching volunteer clients (family and friends) in order to gain valuable practice for cueing, spotting and designing a lesson. For the safety of volunteer clients, students are limited to teaching only the material covered in the workshops they have completed.

Harmony educators reserve the right to require additional observation, supervised teaching, and personal practice hours for a student who does not demonstrate competency.

## Testing

After a student has completed all of the required coursework and hours in their respective track, they can arrange to take the final examination. The final exam has a written portion which tests their knowledge of the exercises and relevant anatomy as well as a practical

portion that assesses competence as an entry-level teacher. The practical examination is pass/fail and the written examination requires a minimum score of 80% to pass.

### Program Costs

Track	Mat	Mat/Reformer	Comprehensive
Principles & Pedagogy	\$550	\$550	\$550
Seminars	\$500	\$800	\$1000
Mentoring and Review Sessions	Included	Included	Included
Final Exam	\$200	\$200	\$200
Total Cost	\$2,250	\$3,950	\$4,750
Early Registration Discount	\$2,050	\$3,700	\$4,500

The total cost of each track includes all seminar days, review workshops, and manuals. Seminars can be paid for individually and if payment is received 30 days prior to the first day of the seminar a \$50 discount is given.

### Additional Program Costs

The cost of travel, housing, personal sessions, books, DVDs, and any other study materials are not included in the cost of this training program. Apprenticeship hours not completed at Harmony Pilates Studio may incur an additional fee based on the practices at the apprenticeship studio.

### Program Dates

Track	Mat	Mat/Reformer	Comprehensive
Principles & Pedagogy	Mar 12-13, 2016	Mar 12-13, 2016	Mar 12-13, 2016
Weekend 1	Apr 29, 2016	Apr 29,30, 2016	Apr 29-May 1, 2016
Weekend 2	July 8, 2016	July 8,9, 2016	July 8-10, 2016
Weekend 3	October 14, 2016	Oct. 14, 15, 2016	Oct. 14-16, 2016
Weekend 4	N/A	Dec. 2,3, 2016	Dec. 2-4, 2016
Final Exam	TBD	TBD	TBD

### Cancellation Policy

You may cancel your registration up to 21 days before the workshop or testing weekend. Your payment will be refunded less a \$75 processing fee. If you need to cancel less than 21 days prior to the workshop, your payment may be applied to the following Teacher Training cycle. While it is never our intention to do so, we reserve the right to cancel any workshop, in which case the tuition fee will be returned in full.

## **Pilates Certification**

The Comprehensive Track of Harmony's Teacher Training Program meets national guidelines for the national Pilates certification examination established in 2005 through the PMA, which will standardize the quality of Pilates practice. Harmony will grant a diploma to students meeting graduation requirements, who will then be eligible to sit for the national certification exam through the PMA. For details on the PMA's certification exam please visit [www.pilatesmethodalliance.org](http://www.pilatesmethodalliance.org).

## **To Register**

Please call the studio at 412-441-1100 or email [info@movewithharmony](mailto:info@movewithharmony) to receive an application. The first weekend's tuition must accompany your application. VISA, Master Card, check or cash are all accepted forms of payment. Once your application is received, we will send you a written confirmation of payment along with other necessary details for attending the seminar.