

INTERNATIONALLY RECOGNIZED & CERTIFIED PILATES TEACHER TRAINING – INSTUDIO INFO PACK

We offer the following Training:

- Three (3) Internationally Recognized and Certified Teacher Training Qualifications; and
- Various Short Courses for Qualified Fitness & Pilates Trainers who are interested in furthering their learning and knowledge

INTERNATIONALLY RECOGNIZED & CERTIFIED PILATES TEACHER TRAINING COURSES OFFERED:

Course Name & Hours	Course Material	Course Dates	Course Fees (Vat Incl.)
<p>1.1 Pilates Mat & Small Equipment Course Total Course Hours = 100 Hours <i>(inclusive of lecture hours, which is credited)</i> <u>Breakdown of Practical Hours:</u> <i>(Total Practical Hours are 70 hours)</i> Self-Practice: 20 hours On-line Observation: 20 hours <i>(50% of Observation can be done via Pilates Anytime)</i> Teacher Training: 30 hours</p> <p>**Lectures can be done on a private (one-on-one) basis</p>	<p>-Mat Levels 1; 2 & 3 <i>(Basic to Advance)</i>; -History of Pilates; -Code of Ethics & Practice; -Guidelines for Teaching and Professionalism; -Anatomy; -Faulty Posture Patterns; -Injuries & Pathologies; -Exercise Recommendations & Contra-indications; -Exercise Adaption <i>(Variations & Modifications)</i>; -Pregnancy; -Muscle and Goal description per exercise; -Various Use of Props & Small Equipment (incl. Barre & TRX); -Program Flow & Program examples; and -Teaching & Cueing Skills</p>	<p>Next course starts 25th February 2022</p> <p><i>AN EARLY BIRD DISCOUNT OF 10% WHEN YOU REGISTER & PAY FOR ANY COURSE ON/BEFORE 15th DECEMBER 2021.</i></p> <p><i>(Lectures are held every second weekend on Fridays & Saturdays, over a period of 4 weeks)</i></p> <p>**Please refer to Course Lecture Dates and Modules further below**</p>	<p>Group Fees: R12680 (Once-off payment) exercise video library and course material included. <u>Payment Plan:</u> R3485 x 4 monthly installments.</p> <p>Private Fees: R15515 (Once-off payment) exercise video library and course material included. <u>Payment Plan:</u> R4265 x 4 monthly installments.</p> <p><u>Additional ONCE-OFF Fees:</u> (Vat incl.) -Group Exam Registration fee: R1050 - Private exam Registration fees are subject to confirmation</p>
<p>1.2 Pilates Comprehensive Course (A combination of Pilates Mat & Small Equipment AND Pilates Large Equipment) Total Course Hours = 450 Hours <i>(inclusive of lecture hours, which is credited)</i> <u>Breakdown of Practical Hours:</u> <i>(Total Practical Hours are 360)</i> Self-Practice: 120 hours On-line Observation: 100 hours <i>(50% of Observation can be done via Pilates Anytime)</i> Teacher Training: 140 hours</p> <p>**Lectures can be done on a private (one-on-one) basis</p>	<p>-This is the FULL COURSE comprising of the Mat & Small Equipment above and the Pilates Large Equipment (Machines);</p> <ul style="list-style-type: none"> • Reformer • Cadillac • Chair • Ladder Barrel • Arc Barrels <p><i>(Basic to Advanced levels)</i>;</p> <p>-Muscle Imbalances; Pregnancy; Auto-Immune Diseases; Additional Injuries & Pathologies not covered in the Mat program; Teaching & Cueing skills</p>	<p>Next course starts 25th February 2022</p> <p><i>(Lectures are held every second weekend on Fridays & Saturdays, over a period of 6 weeks)</i></p> <p>**Please refer to Course Lecture Dates and Modules further below**</p>	<p>Group Fees: R34950 (Once-off payment) exercise video library and course material included. <u>Payment Plan:</u> R6524 x 6 monthly installments.</p> <p>Private Fees: R39000 (Once-off payment) exercise video library and course material included. <u>Payment Plan:</u> R7280 x 6 monthly installments.</p> <p><u>Additional ONCE-OFF Fees:</u> (Vat incl.) -Group Exam Registration fee: R1450 -Private exam Registration fees are subject to confirmation</p>

Recognition of prior learning is granted to students wishing to obtain their Comprehensive qualification in possession of a Pilates Mat qualification. The cost of converting a Mat Qualification into a Comprehensive Qualification is indicated in 1.3 below;

1.3 Comprehensive Conversion Course: (This is the Large Equipment [Pilates Machines] section of the Comprehensive Pilates course – **NB: a pre-requisite is a Pilates mat qualification under 1.1 above**)

<p>Total Course Hours = 350 Hours <i>(inclusive of lecture hours, which is credited)</i> <u>Breakdown of Practical Hours:</u> <i>(Total Practical Hours are 290)</i> Self-Practice: 100 hours On-line Observation: 80 hours <i>(50% of Observation can be done via Pilates Anytime)</i> Teacher Training: 110 hours</p> <p>**Lectures can be done on a private (one-on-one) basis</p>	<p>Pilates Large Equipment (Machines);</p> <ul style="list-style-type: none"> • Reformer • Cadillac • Chair • Ladder Barrel • Arc Barrels <p><i>(Basic to Advanced levels);</i></p> <p>-Muscle Imbalances; Pregnancy; Auto-Immune Diseases; Additional Injuries & Pathologies not covered in the Mat program; Teaching & Cueing Skills</p>	<p>Next course starts on the 8th April 2022</p> <p><i>(Lectures are held every second weekend on Fridays & Saturdays, over a period of 6 weeks)</i></p> <p>**Please refer to Course Lecture Dates and Modules further below**</p>	<p>Group Fees: R22500 (Once-off payment) exercise video library; and course material included. <u>Payment Plan:</u> R4200 x 6 monthly installments.</p> <p>Private Fees: R26850 (Once-off payment) exercise video library and course material included. <u>Payment Plan:</u> R5012 x 6 monthly installments.</p> <p><u>Additional ONCE-OFF Fees:</u> (Vat incl.) -Group Exam Registration fee: R1450 -Private exam Registration fees are subject to confirmation</p>
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****Should you decide to continue with the Comprehensive Conversion Course (Large Equipment Pilates Machines) in the same year that the Certified Mat work Section has been completed, a discount of 10% will apply on the Comprehensive Conversion Course price, together with an additional fee of R1000 for the course materials.****

1.4 Intensive Reformer Course: (The Reformer Pilates Machine) – **NB: a pre-requisite is a Pilates mat qualification under 1.1 above**

<p>Total Course Hours = 100 Hours <i>(inclusive of lecture hours, which is credited)</i> <u>Breakdown of Practical Hours:</u> <i>(Total Practical Hours are 70)</i> Self-Practice: 20 hours On-line Observation: 20 hours <i>(50% of Observation can be done via Pilates Anytime)</i> Teacher Training: 30 hours</p> <p>**Lectures can be done on a private (one-on-one) basis</p>	<p>- Reformer exercises <i>(Basic to Advanced levels)</i>;</p> <p>-Muscle Imbalances; Neuromuscular Re-education & Movement Training; Pregnancy; Construction of Programs and Program Flow; Injuries, Pathologies, & Tests; Teaching & Cueing Skills.</p>	<p>Next course starts on the 8th April 2022</p> <p><i>(Lectures are held every second weekend on Fridays & Saturdays, over a period of 3 weeks)</i></p> <p>**Please refer to Course Lecture Dates and Modules further below**</p>	<p>Group Fees: R10200 (Once-off payment) exercise video library and course material included. <u>Payment Plan:</u> R2805 x 4 monthly installments.</p> <p>Private Fees: R13200 (Once-off payment) exercise video library and course material included. <u>Payment Plan:</u> R3630 x 4 monthly installments.</p> <p><u>Additional ONCE-OFF Fees:</u> (Vat incl.) -Group Exam Registration fee: R1050 -Private exam Registration fees are subject to confirmation.</p>
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****The Intensive Reformer Course can be done on it's own as shown above, should you not wish to do the full Comprehensive Conversion (All Large Pilates Machines) course, as indicated in 1.3 above. A pre-requisite is a Pilates Mat Qualification.****

Additional Notes:-

- **Tests are written throughout the course. These tests/assessments do not count towards the final mark and are only done to evaluate progress at various stages during the course. Dates will be confirmed with students.**
- **Exam Dates:** Exams are written in April / July / November annually (dates to be determined).
- **The pass rate for exams is 70%.**
- **Exams are made up of a Theoretical exam and 2 Practical Exams.**
- **Exams are evaluated by an Assessor and a Moderator.**
- **The 1st months' installment is due on registration.**
- **Courses are limited to a minimum of 4 and a maximum of 10 participants. We reserve the right to cancel or postpone a course should this criteria not be achieved.**

AN EARLY BIRD DISCOUNT OF 10% APPLIES WHEN YOU REGISTER & PAY FOR ANY COURSE ON/BEFORE 15th DECEMBER 2021

Course Dates

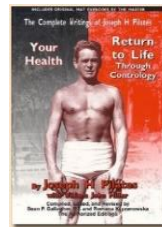
Pilates Mat & Small Equipment Course (100 Hours)

Anatomy; Mat Level 1 ; 2; and 3; Use of Props; Injuries & Pathologies; Pregnancy; Teaching & Cueing Skills; Program Planning.

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Pilates Comprehensive Course - Includes the Pilates Mat & Small Equipment Course above (450 Hours)

Reformer; Cadillac; Chair; Ladder Barrels; Arc Barrels (Basic to Advanced Levels); Muscle Imbalances & Movement Patters; Additional Injuries & Pathologies to that which is covered in the Pilates Mat Course; Pregnancy; Program Flow, Teaching & Cueing Skills; Program Planning & Examples.



NB: The Pilates Mat and Small Equipment Teacher Training Course runs in conjunction with the Pilates Comprehensive Teacher Training Course.

In-studio Group Mat & Comprehensive Teacher Training
2022 Next GROUP Course dates:

Mat & Comprehensive courses

Mat course:

Friday 25 th February	12h00-17h00
Saturday 26 th February	08h00-13h00
Friday 18 th March	12h00-17h00
Saturday 19 th March	08h00-13h00

Comprehensive course:

Mat Course Section:

Friday 25 th February	12h00-17h00
Saturday 26 th February	08h00-13h00
Friday 18 th March	12h00-17h00
Saturday 19 th March	08h00-13h00

Conversion Course Section (*Large Equipment*):

Friday 8 th April	09h00-18h00
Saturday 9 th April	08h00-17h00
Friday 22 nd April	09h00-18h00
Saturday 23 rd April	08h00-17h00

NB: The Comprehensive conversion course starts on the 8th of April 2021.

Intensive Reformer course:

Friday 8 th April	09h00-18h00
Saturday 9 th April	08h00-17h00

**** 2 Additional Practical Tutorial Sessions of 2 hours each will be scheduled on dates to be determined (1 midway during the lectures and 1 at the end of the lecture dates)****

****Please note that all above courses can also be done on a private (one-on-one) tuition basis, times and availability to be arranged between student and lecturers. Contact our facility for arrangements.****

The Pilates Comprehensive Course – Includes the Pilates Mat & Small Equipment Course (450 Hours)

Reformer; Cadillac; Chair; Ladder Barrels; Arc Barrels (Basic to Advanced Levels); Muscle Imbalances & Movement Patters; Injuries & Pathologies; Pregnancy; Program Flow, Planning & Examples.



What is the course recognition?

- Our Courses have been allocated 20 CPD points (Continuing Professional Developing point system) by REPSSA, who is the Register of Exercise Professionals in South Africa, which recognizes qualifications and expertise. REPSSA set an international standard bench-mark and run across the whole of Europe, UK, Australia, New Zealand, Ireland, U.A.E., Canada, Belgium, Poland, USA, and South Africa.
- Pilates Dynamics is affiliated to the Pilates Education Institute in the USA which is a worldwide Pilates Educator with a renowned curriculum utilized in the USA and abroad.
- Our courses are recognized by the Pilates Education Association, which is a 3rd party non-profit organization whose purpose it is to establish quality within the international Pilates community to ensure safety and maintain high standards.
- Our Courses are in line with the Pilates Method Alliance (PMA) requirements and our Program Director is a member of the PMA.
- Our Courses are endorsed by BASA (Biokinetics Association of South Africa.)
 1. Pilates Mat Course - PPB008/B002/2019/00665 Level 2 – 24 CPD points
 2. Pilates Comprehensive Course – PPB008/B002/2020/00678 – Level 2 – 30 CPD points
 3. Pilates Comprehensive Conversion Course – PPB008/B002/2019/00666 – Level 2 – 30 CPD points

Who are our Lecturers:

- We offer an intensive and in-depth course in line with international standards;
- You will be continuously supported throughout your Pilates journey by our very qualified team of Pilates professionals;
- Our Teacher Trainers/Lecturers have been exposed to numerous different styles of Pilates and have many years of training and education experience;
- Our Teacher Trainers/Lecturers hold the following degrees, in addition to their Pilates Qualifications: –
 - Physiotherapy Degree
 - BA Human Movement Science
 - BHSc Honours Biokinetics
 - Personal Training Qualifications
 - Professional Dance and Ballet

- BA Sports Science Honours
- Diploma Ballroom and Latin American Dance
- Continuous courses and workshops annually to stay at the forefront of the Pilates Industry
- Our Teacher Trainers/Lecturers have had exposure both nationally and internationally;
- Our mission is to mentor you towards a successful and rewarding Pilates career; and
- We are here to teach you how to teach, not just what to teach.

What makes us different:

- We are internationally recognised with global affiliations and professional associations;
- The lecturers of the courses have been exposed to numerous styles of Pilates and have many years of training and education experience (both nationally and internationally);
- Our courses are in-depth and intensive and offer an integration of anatomy, injuries and pathologies with recommendations and contra-indications, and exercise goals to ensure an understanding of the work;
- Courses include 2 practical tutorials of 2 hours each: 1 midway through the lectures and 1 at the end of the lecture dates.
- We offer a very comprehensive compilation of exercises; including a full exercise video library of exercises in our manual AND pre-recorded Pilates Classes.
- We understand that people lead busy lives, therefore it is not always possible to do all the required hours at OUR studio so you can do your hours at OTHER pre-approved studios;
- The Pilates Mat Course is also offered online – using the same in-studio course manual and material - to ensure the same high standard and quality;
- Students will have access to our studio for practise and observation hours for a period of 3 to 5 months, depending on the course selected;
- At our studio, you will be exposed to the integration of a variety of small equipment like: Ballet Barre, TRX, Bosus, Kettlebells, Weights, Balls – big and small, Thera-bands, Foam Rollers, Air Cushions, Arc Barrels, Step Barrels, and Toning Bars, Rotation Discs, to name but a few.

If you are a Discovery Vitality member, you can earn points for every workout.

For information on our International recognition and certification please click on the following link: <https://pilatesdynamics.co.za/pilates-teacher-training-courses/#>

Various short courses offered for qualified personal trainers and Pilates Instructors: click on this link to take you through to the workshop page: <https://pilatesdynamics.co.za/workshops/>