

We offer four (4) Internationally Aligned and Certified Teacher Training Qualifications:

Course Name & Hours	Course Material	Course Dates	Course Fees (Vat Incl.)
<p><b>1.1 Pilates Mat &amp; Small Equipment Course</b>                      Total Course Hours = 100 Hours <i>(inclusive of lecture hours, tests, tutorials which is credited)</i>  <u>Breakdown of Practical Hours:</u>  <i>(Total Practical Hours are 70 hours)</i>  <b>Self-Practice:</b> 20 hours  <b>Observation:</b> 20 hours  <b>Teacher Training:</b> 30 hours</p> <p><b>NB- SEE PAGE 6 FOR ADDITIONAL PRACTICAL HOURS/ MENTORSHIP POST LECTURES</b></p> <p><b>*** The studio is available for FREE self-practice and observation of classes***</b></p> <p><b>**Lectures can be done on a private (one-on-one) basis</b></p>	<p>-Mat Levels 1; 2 &amp; 3 (<i>Basic to Advance</i>);                      -History of Pilates.                      -Code of Ethics &amp; Practice.                      -Guidelines for Teaching and Professionalism.                      -Anatomy.                      -Faulty Posture Patterns.                      -Injuries &amp; Pathologies.                      -Exercise Recommendations &amp; Contra-indications.                      -Exercise Adaption (<i>Variations &amp; Modifications</i>).                      -Pregnancy.                      -Muscle and Goal description per exercise.                      -Various Use of Props &amp; Small Equipment (incl. Barre &amp; TRX).                      -Program Flow &amp; Program examples; and                      -Teaching &amp; Cueing Skills</p> <p><b>NB- SEE PAGE 5 FOR COURSE RECOGNITION</b></p>	<p><b>Next course starts Saturday 7 September 2024</b></p>	<p><b>Group Fees:</b> R15000 (Once-off payment)  <b>Online Exercise Videos + Manuals included in fee.</b>  <u>Payment Plan:</u>                      R4250 x 4 monthly installments.</p> <p><b>Private Fees:</b> R19500 (Once-off payment)  <b>Online Exercise Videos + Manuals included in fee.</b>  <u>Payment Plan:</u>                      R5400 x 4 monthly installments.</p> <p><u>Additional ONCE-OFF Fees:</u> (Vat incl.)                      -Group Exam Registration fee: R1980                      - Private exam Registration fees are subject to confirmation  <b>*FEES ARE SUBJECT TO CHANGE*</b></p>
<p><b>1.2 Pilates Comprehensive Course (A combination of Pilates Mat &amp; Small Equipment AND Pilates Large Equipment)</b>                      Total Course Hours = 450 Hours <i>(inclusive of lecture hours, tests, tutorials which is credited)</i>  <u>Breakdown of Practical Hours:</u>  <i>(Total Practical Hours are 382)</i>  <b>Self-Practice:</b> 130 hours  <b>Observation:</b> 102 hours  <b>Teacher Training:</b> 150 hours</p> <p><b>NB- SEE PAGE 6 FOR ADDITIONAL PRACTICAL HOURS/ MENTORSHIP POST LECTURES</b></p> <p><b>*** The studio is available for FREE self-practice and observation of classes***</b></p> <p><b>**Lectures can be done on a private (one-on-one) basis</b></p>	<p>-This is the FULL COURSE comprising of the Mat &amp; Small Equipment above and the Pilates Large Equipment (Machines);</p> <ul style="list-style-type: none"> <li>• Reformer</li> <li>• Cadillac</li> <li>• Chair</li> <li>• Ladder Barrel</li> <li>• Arc Barrels</li> </ul> <p><i>(Basic to Advanced levels); AND</i></p> <p>-Muscle Imbalances; Exercise Objectives; Exercise Modifications; Pregnancy; Auto-Immune Diseases; Additional Injuries &amp; Pathologies not covered in the Mat program; Teaching &amp; Cueing skills; Program Flow and Program Examples.</p> <p><b>NB- SEE PAGE 5 FOR COURSE RECOGNITION</b></p>	<p><b>Next course date to be announced.</b></p>	<p><b>Group Fees:</b> R40150 (Once-off payment)  <b>Online Exercise Videos + Manuals included in fee.</b>  <u>Payment Plan:</u>                      R7200 x 6 monthly installments.</p> <p><b>Private Fees:</b> R46500 (Once-off payment)  <b>Online Exercise Videos + Manuals included in fee.</b>  <u>Payment Plan:</u>                      R8250 x 6 monthly installments.</p> <p><u>Additional ONCE-OFF Fees:</u> (Vat incl.)                      -Group Exam Registration fee: R3850                      -Private exam Registration fees are subject to confirmation  <b>*FEES ARE SUBJECT TO CHANGE*</b></p>

**Comprehensive Conversion Course:** (This is the Large Equipment [Pilates Machines] section of the Comprehensive Pilates course)

<p><b>1.3</b> Total Course Hours = 350 Hours (<i>inclusive of lecture hours, tests, tutorials which is credited</i>)  <u>Breakdown of Practical Hours:</u>  <i>(Total Practical Hours are 306)</i>  <b>Self-Practice:</b> 110 hours  <b>Observation:</b> 76 hours  <b>Teacher Training:</b> 120 hours</p> <p><b>NB- SEE PAGE 6 FOR ADDITIONAL PRACTICAL HOURS/ MENTORSHIP POST LECTURES</b></p> <p><b>*** The studio is available for FREE self-practice and observation of classes***</b></p> <p><b>**Lectures can be done on a private (one-on-one) basis A pre-requisite is a Pilates Mat Course qualification as indicated in 1.1 above</b></p>	<p>Pilates Large Equipment (Machines);</p> <ul style="list-style-type: none"> <li>• Reformer</li> <li>• Cadillac</li> <li>• Chair</li> <li>• Ladder Barrel</li> <li>• Arc Barrels</li> </ul> <p><i>(Basic to Advanced levels); AND</i></p> <p>-Muscle Imbalances; Exercise Objectives; Exercise Modifications; Pregnancy; Auto-Immune Diseases; Additional Injuries &amp; Pathologies not covered in the Mat program; Teaching &amp; Cueing Skills; Program Flow and Program Examples.</p> <p><b>NB- SEE PAGE 5 FOR COURSE RECOGNITION</b></p>	<p><b>Next Course starts Saturday 24 August 2024</b></p> <p><b>TERM 4 COURSE STARTS 2 NOVEMBER 2024</b></p>	<p><b>Group Fees:</b> R26000 (Once-off payment)  <b>Online Exercise Videos + Manuals included in fee.</b>  <u>Payment Plan:</u>  R4850 x 6 monthly installments.</p> <p><b>Private Fees:</b> R31020 (Once-off payment)  <b>Online Exercise Videos + Manuals included in fee.</b>  <u>Payment Plan:</u>  R5700 x 6 monthly installments.</p> <p><u>Additional ONCE-OFF Fees:</u> (Vat incl.)  -Group Exam Registration fee: R2860  -Private exam Registration fees are subject to confirmation  <b>*FEES ARE SUBJECT TO CHANGE*</b></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.\*\***

**Intensive Reformer Course:** (The Reformer Pilates Machine)

<p><b>1.4</b> Total Course Hours = 94 Hours (<i>inclusive of lecture hours, tests, tutorials which is credited</i>)  <u>Breakdown of Practical Hours:</u>  <i>(Total Practical Hours are 70)</i>  <b>Self-Practice:</b> 20 hours  <b>Observation:</b> 20 hours  <b>Teacher Training:</b> 30 hours</p> <p><b>NB- SEE PAGE 6 FOR ADDITIONAL PRACTICAL HOURS/ MENTORSHIP POST LECTURES</b></p> <p><b>*** The studio is available for FREE self-practice and observation of classes ***</b></p> <p><b>**Lectures can be done on a private (one-on-one) basis</b></p>	<p>- Reformer exercises (<i>Basic to Advanced levels</i>); <b>AND</b></p> <p>-Muscle Imbalances; Exercise Objectives; Exercise Modifications; Neuromuscular Re-education &amp; Movement Training; Pregnancy; Construction of Programs, Examples and Program Flow; Injuries, Pathologies, &amp; Tests; Teaching &amp; Cueing Skills.</p> <p><b>NB- SEE PAGE 5 FOR COURSE RECOGNITION</b></p>	<p><b>Next course starts Saturday 24 August 2024</b></p> <p><b>TERM 4 COURSE STARTS 2 NOVEMBER 2024</b></p>	<p><b>Group Fees:</b> R12500 (Once-off payment)  <b>Online Exercise Videos + Manuals included in fee.</b>  <u>Payment Plan:</u>  R4660 x 3 monthly installments.</p> <p><b>Private Fees:</b> R17000 (Once-off payment)  <b>Online Exercise Videos + Manuals included in fee.</b>  <u>Payment Plan:</u>  R6160 x 3 monthly installments.</p> <p><u>Additional ONCE-OFF Fees:</u> (Vat incl.)  -Group Exam Registration fee: R1980  -Private exam Registration fees are subject to confirmation.  <b>*FEES ARE SUBJECT TO CHANGE*</b></p>
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**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 / October annually (dates to be determined).

**\*\*The pass rate for exams is 70%.**

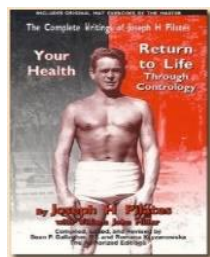
**\*\*Exams are made up of one Theoretical exam and 2 Practical Exams and students are given the opportunity to teach group classes under the supervision of a senior trainer.**

**\*\*Exams are evaluated by an Assessor and a Moderator.**

**\*\*The 1<sup>st</sup> 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.**

**\*The above Course fees do not include any additional one-on-one tuition needed by Students for exam preparation\***



**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.

**&**

**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.

# In-studio Group Mat & Comprehensive Teacher Training dates For 2024:

## Term 1

**MAT COURSE:** *(Also the 1<sup>st</sup> part of the Comprehensive[Mat & Large Equipment] section)*

DATE	TIMES	LECTURE HOURS
SATURDAY 24 FEB	09H00 – 14H00	5
SUNDAY 25 FEB	09H00 – 14H00	5
SATURDAY 13 APRIL	09H00 – 14H00	5
SUNDAY 14 APRIL (Final lecture date)	09H00 – 14H00	5

## COMPREHENSIVE COURSE

DATE	TIMES	LECTURE HOURS
SATURDAY 24 FEB	09H00 – 15H00	6
SUNDAY 25 FEB	09H00 – 15H00	6
SATURDAY 13 APRIL	09H00 – 15H00	6
SUNDAY 14 APRIL	09H00 – 15H00	6
SATURDAY 11 MAY	08H00 – 17H00	9
SUNDAY 12 MAY	08H00 – 17H00	9
SATURDAY 6 JULY	08H00 – 17H00	9
SUNDAY 7 JULY (Final lecture date)	08H00 – 17H00	9

**COMPREHENSIVE CONVERSION COURSE:** *(A pre-requisite for the Large Equipment course*

*(Comprehensive Conversion Course) is a Pilates Mat Course.*

Large Machines covered below are: Reformers; Towers; Cadillac; Wunda Chairs; Ladder & Spine and Arc Barrels

DATE	TIMES	LECTURE HOURS
SATURDAY 11 MAY	08H00 – 17H00	9
SUNDAY 12 MAY	08H00 – 17H00	9
SATURDAY 6 JULY	08H00 – 17H00	9
SUNDAY 7 JULY (Final lecture date)	08H00 – 17H00	9

## INTENSIVE REFORMER COURSE:

DATE	TIMES	LECTURE HOURS
SATURDAY 1 JUNE	08H00 – 17H00	9
SUNDAY 2 JUNE (Final lecture date)	08H00 – 17H00	9

## Term 2

**MAT COURSE:** *(Also the 1<sup>st</sup> part of the Comprehensive[Mat & Large Equipment] section)*

DATE	TIMES	LECTURE HOURS
SATURDAY 8 JUNE	08H00 – 15H00	7
SUNDAY 9 JUNE	08H00 – 15H00	7
SATURDAY 20 JULY	08H00 – 15H00	7
SUNDAY 21 JULY (Final lecture date)	08H00 – 15H00	7

## COMPREHENSIVE COURSE

DATE	TIMES	LECTURE HOURS
SATURDAY 8 JUNE	08H00 – 15H00	7
SUNDAY 9 JUNE	08H00 – 15H00	7
SATURDAY 20 JULY	08H00 – 15H00	7
SUNDAY 21 JULY	08H00 – 15H00	7
SATURDAY 24 AUGUST	08H00 – 17H00	9
SUNDAY 25 AUGUST	08H00 – 17H00	9
SATURDAY 21 SEPTEMBER	08H00 – 17H00	9
SUNDAY 22 SEPTEMBER (Final lecture date)	08H00 – 17H00	9

## TERM 3

**MAT COURSE:** *(Also the 1<sup>st</sup> part of the Comprehensive[Mat & Large Equipment] section)*

DATE	TIMES	LECTURE HOURS
SATURDAY 7 SEPTEMBER	08H00 – 15H00	7
SUNDAY 8 SEPTEMBER	08H00 – 15H00	7
SATURDAY 5 OCTOBER	08H00 – 15H00	7
SUNDAY 6 OCTOBER (Final lecture date)	08H00 – 15H00	7

## INTENSIVE REFORMER COURSE:

DATE	TIMES	LECTURE HOURS
SATURDAY 24 AUGUST	08H00 – 17H00	9
SUNDAY 25 AUGUST (Final lecture date)	08H00 – 17H00	9

## TERM 4

## INTENSIVE REFORMER COURSE:

DATE	TIMES	LECTURE HOURS
SATURDAY 2 NOVEMBER	08H00 – 17H00	9
SUNDAY 3 NOVEMBER (Final lecture date)	08H00 – 17H00	9

**\*\*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. \*\***



### **What is the course recognition?**

- Pilates Dynamics<sup>®</sup> 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 benchmark and run across the whole of Europe, UK, Australia, New Zealand, Ireland, U.A.E., Canada, Belgium, Poland, USA, and South Africa.
- The Pilates Dynamics<sup>®</sup> Mat Course has been awarded with 30 CEU points by the SA Physio (South African Society of Physiotherapy)
- Pilates Mat Course – Accreditation Number PPB007/2023/07/004 Level 1 – 30 CEU points.
- The Pilates Dynamics<sup>®</sup> Intensive Reformer Course has been awarded with 26 CEU points by the SA Physio (South African Society of Physiotherapy)
- Intensive Reformer Course – Accreditation Number PPB007/2024/01/026
- 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
- Our Courses are in line with the Pilates Method Alliance (PMA) requirements and our Program Director is a member of the PMA. The PMA is a 3<sup>rd</sup> party international non-profit organisation whose purpose it is to establish quality within the International Pilates Community to ensure safety and maintain high standards.

### **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. However, success will depend on your commitment and self-study.
- 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 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 aligned 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.
- We offer a very comprehensive compilation of exercises, including a full exercise video library of exercises in our manual.
- 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.
- Students will have access to our studio for practise and observation hours.
- 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.

#### **Additional Practical hours/ Mentorship Post lectures:**

- 4 Additional 1-hour Practical Pilates Classes.
- 2 Additional Practical Tutorial Sessions of 2 hours each on dates to be determined.
- 2 Additional Practical Teaching of Client classes under supervision of a Senior Pilates Instructor.

#### **Refund Policy**

- **No refunds are given if a student misses any module/s; lectures; or fails to complete any practical hours, within the stipulated course completion period.**
- **No refunds are given should a student fail to attend or complete the course following acceptance, confirmation and payment of the deposit or once-off cost payment, or any other amount paid towards the course.**

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

**To register for any of the courses click on the following link: <https://pilatesdynamics.co.za/pilates-teacher-training-courses/>**