



Online Comprehensive Mat Pilates Teacher Training Program

Information Packet
Founder and lead instructor: Hope Pedraza

Introduction

The Online Comprehensive Mat Pilates Teacher Training Program is designed as a contemporary Pilates training program which combines traditional Pilates teachings with modern-day movement, anatomical, biomechanics and physiotherapy research techniques to provide a functional approach to Pilates. Our 100 hour program is designed to provide a fundamental basis and understanding of anatomy as well as the scientific reasoning behind the movements in order to establish the foundation needed to develop creative, fluid and comprehensive classes for all levels and all styles of classes from an advanced athletic practice to a rehabilitative session and everything in between. inBalance Pilates Academy will empower you with the knowledge, information and techniques you need to equip your students with proper movement technique as well as opportunities for them to progress and evolve their practice as they gain strength and stability. Our goal is to groom dynamic, knowledgeable, properly trained instructors who can teach successfully in a mixed level class. This is a prerequisite for our inBalance Certification program.

With our teacher training program, we want to equip you with more than just a list of exercises; a successful Pilates career is built on much more than that! We provide you with a guided mentorship starting from day one to ensure that you have the support you need throughout your training, subsequent teacher training, and as you begin your career as a Pilates instructor. inBalance Pilates Academy offers Mat Teacher Training, Comprehensive Teacher Training, as well as a combo Mat and Reformer Teacher Training so you can decide on the training style that best suits your needs.

All of our instructors at inBalance that teach your signature classes are required to complete training through inBalance Pilates Academy so you are getting the very best instruction from knowledgeable, highly trained instructors. You will notice the difference from the very first class you take!

Our program is open to anyone interested in becoming a Certified Mat Pilates instructor. You will not only learn the movements but the anatomy and functional explanation and adaptations for each exercise.

Please read this packet in its entirety and if you have any questions please email hope@inbalancestudios.com

Commitment

This course is designed to create accessibility in the pathway to becoming a certified mat pilates instructor. During your initial modules, you will commit to attending the required online course. If the additional hours or training sessions are required or needed, you can inquire about scheduling privately with Hope to meet your needs. Additional fees may be applied. Complete hour fulfillment is required to receive a certificate and be recognized as a certified Mat Pilates Instructor.

Tuition

Our online Comprehensive Mat Pilates Teacher Training course is \$529, which includes our 35 hour course in our virtual platform, bi monthly live coaching/training sessions with Hope until you complete your training, as well as a 3 month subscription to our inBalance at Home on demand membership to use to fulfill your observation and practice hours. Any additional hours of classes that are needed after this can be purchased through our on demand platform at \$29 per month.

Payment plans are available for tuition, contact Hope Pedraza for more info.

General Course Information

This online course is a collection of 10 modules in an online portal. A new module will be released each week, but there is no deadline or timeline to completing these modules. Within each module will be a quiz to assess what you learned. These quizzes will not go towards your completion of the course but will save as practice for your final exam.

Once you have successfully completed the 10 modules in the training and you feel prepared, you can reach out to Hope to schedule your written and practical exam. Your written exam will be a timed exam completed at a scheduled day and time, and your practical exam will be done via zoom with Hope.

The written exam is a compilation of short answer, matching, true/false and labeling. The practical exam will be a performance of 4 randomly selected exercises from the Fundamental and Intermediate exercises where you will be scored on form, breath, cueing, and accurate modifications and variations for each exercise.

Curriculum Outline

Module 1: Introduction to Pilates

- Lesson 1: What is Pilates?
- Lesson 2: Principles of Pilates
- Lesson 3: The breath

Module 2: Anatomy

- Lesson 4: Basics anatomical Terms
- Lesson 5: The Skeletal System
- Lesson 6: The Joints
- Lesson 7: Skeletal Muscles

Module 3: Posture

- Lesson 8: Posture

Module 4: Spinal and Pelvic Placement

- Lesson 9: Spinal and Pelvic Placement

Module 5: Contraindications

- Lesson 10: Contraindications

Module 6: Session Design

- Lesson 11: Session Design

Module 7: Fundamental Exercises

- Lesson 12: Fundamental Exercises
- Lesson 13: Breakdown of standing exercises
- Lesson 14: Breakdown of quadruped exercises
- Lesson 15: Breakdown of supine work
- Lesson 16: Breakdown of seated work
- Lesson 17: Breakdown of side lying work
- Lesson 18: Breakdown of prone work
- Lesson 19: Breakdown of magic circle work

Module 8: Intermediate Exercises

- Lesson 20: Intermediate Exercises
- Lesson 21: Breakdown of stand and supine work
- Lesson 22: Breakdown of plank series
- Lesson 23: Breakdown of prone work

Module 9: Advanced Exercises

- Lesson 24: Advanced Exercises
- Lesson 25: Breakdown of supine and seated work

Lesson 26: Breakdown of plank series
Lesson 27: Breakdown of prone work

Requirements for Graduation

- A commitment to doing, growing, and enjoying your daily practice over the course of the program (and beyond!)
- Completion of all 10 modules of the online training program
- Completion of 15 observation hours
- Completion of 30 self practice hours
- Completion of 20 students teaching hours (can be done virtually through inBalance or in person through inBalance at the location of your choice)
- Passing grade of 80 or above on both the written and practical exam