



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 also 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, there are no prerequisites to join! 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 offered in 2 tiers. First, our Self Guided Online Course is \$599, which includes our online course in our virtual platform, all the quizzes and exams, as well as a 3 month subscription to our inBalance at Home on demand membership to use to fulfill your observation and practice hours, 2 years access to the course. Our other tier is the Full Support Course which is \$999, where you will receive all the same parts of the Self Guided Online Course, as well as a Private Facebook group for accountability, assignment postings, announcements and feedback from fellow trainees and lead instructors weekly Facebook Live Q&A's for the first 8 weeks of the course, and monthly calls on Zoom for more in depth Live Q&A with Hope, as well as exclusive bonuses to help you get started successful as fully qualified and certified mat pilates instructor (these will be announced throughout our launch of the course!).

Any additional hours of classes that are needed after this can be purchased through our on demand platform at \$29 per month. Those who have completed our Introduction to Pilates Course will receive 20% off enrollment.

Payment plans are available for tuition, contact Hope Pedraza for more info or click the link on our website or [here](#).

General Course Information

This online course is a collection of 9 modules in an online portal. A new module will be released each week, but there is no deadline or timeline to completing these modules, you will have access to the course for 2 full years. 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 9 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 steady 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 9 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
- Completion of a full length class and submit to Hope for final approval