



Student Agreement for Teacher Training Program

Welcome to the Pilates Education Group Teacher Training Program a division of Inside Out Method Inc. The following information is intended to provide the student with information on the requirements to be fulfilled and the estimated costs of the program. Acceptance into the Pilates Education Group Teacher Training Program requires that the student understand and accept the following conditions and requirements for participation and completion of the program.

I. Pilates Education Group Teacher Training Program Intent and Design

The Program is:

1. Intended to prepare the successful candidate to teach apparently healthy individuals, fitness oriented private Pilates lessons on all the Pilates equipment, as well as group mat classes.
2. Designed to be a combination of self-directed study, workshop participation and practical mentorship/apprenticeship at a hosting studio. It is each student's responsibility to monitor their own progress and seek appropriate help from their mentoring studio as needed.

II. Cost of the Pilates Education Group Teacher Training Program

1. Tuition for Level I – V. The total cost is \$5375.00 payable in 5 payments with the following breakdown of costs per workshop. A \$200.00 deposit is required with your application to hold your space.

2. Weekend Intensives Costs

*Level I \$1075.00

*Level II \$1075.00

*Level III \$1075.00

*Level IV \$1075.00

*Level V \$ 1075.00

Total for workshops \$5375.00

Written and Practical Examination Fee \$250.00

Total \$ 5625.00

Workshop observation fee \$175/day (for those individuals who have already completed a weekend)

*Level 1 cost includes Training Workbook, Eve Gentry Video, Return to Life book, which you receive when you attend the Level I training. (You can get these

materials earlier if you pay the additional UPS shipping charge.)

***You may have to pay a fee to the studio where you undertake your mentoring hours. If you will be doing your mentoring hours at Pilates Miami or one of our two approved mentoring studios in the Miami area there is an additional fee of \$1000.00. This fee can be paid in \$100.00 monthly payments for 10 months and includes additional benefits. Please check with the office for these benefits.*

Check with your mentoring studio to determine this fee if applicable.

Important Payment Information

Payments are made directly to the Pilates Education Group/ Inside Out method Inc. and must be *paid in full 14 days before each workshop*. A \$200 deposit and advanced registration is required to reserve a place in each workshop. A \$125 drop-in fee will be added for students who do not register in advance of the workshop and are not paid in full by the first day of the workshop.

III. Cancellation policy

1. The application fee is non-refundable.
2. Workshop deposits are fully refundable if cancelled 21 days prior to first day of the workshop.
3. Workshop deposits are non-refundable if cancelled less than 14 days prior to the workshop but may be applied to another Teacher Training workshop within 12 months.
4. *In some cases* if a workshop has less than 5 participants, the workshop may be cancelled and/or rescheduled.

You can receive a refund or apply your fee to another workshop. *Please make your travel arrangements according to this policy.*

IV. Prerequisites for entering the Pilates Education Group Teacher Training Program

1. The knowledge of and ability to perform Level 1 and 2 Pilates method exercises on Mat and Equipment. (Two DVD's of Level 1 and 2 and Level 3 and 4 exercises is available to assist you with knowledge and practice.
2. Students are strongly encouraged to begin mastering their own practice of the Pilates method through private lessons and/or group classes.
3. All students are expected to have mastered in their own practice, ALL the material presented in each workshop, PRIOR to taking the workshop.
4. Prior to attending the Level I workshop, it is recommended that students begin to study basic human anatomy of the bones and muscles and be familiar with equipment.

V. Phases of Pilates Education Group Teacher Training

I. Lecture/Workshop Participation: Includes full Participation for all 24 hours per weekend, Levels I – V.

Total - 120 hours

II. Personal Practice: Hours may begin accruing as soon as the application fee has been paid. We recommend a minimum of two workouts per week to gain proficiency in the Pilates method.

Total - 120 hours

III. Practical Studio Mentorship: May include observing and assisting trained teachers, as well as helping with routine studio operations.

Total - 125 hours

IV. Practice Teaching: Can begin after completing Level 1 workshop with approval from the office. Practice teaching involves covering information learned in most the recent workshop to family and friends at no cost.

Total - 135 hours

Total Hours 500 hours

The above hours reflect the minimum hours required in each category.

VI. Examinations

Final Comprehensive Examinations. Upon completion of the five levels of the Pilates Education Group Teacher Training Program and all additional practicum hours, the student is eligible to sit for a final comprehensive practical exam and then for the PMA Pilates Certification Exam. *It is recommended that testing be planned for 3 to 6 months after you attend Level 4.* The practical exam will be evaluated on a pass/fail basis. A \$75 fee will be charged should you need to re-take any portion of the final exam. Exams are scheduled through the office.

Written Examination.

A final written exam is available as a take home test either electronically or by hard copy. It is an open book test. The student will be expected to know all subject matter presented in the workshops, including but not limited to: safety, specific exercises, exercise sequence in the traditional Pilates method, appropriate modifications for specific problems and general human anatomy.

Practical Exam.

• Part I: Student Performance

Students will perform an advanced mat or Level 3 Reformer workout (examiners choice) using Pilates Miami order of exercises. In addition, students may be asked to perform other exercises from the Pilates Education Group material on other pieces of equipment. Students should plan to arrive early in order to familiarize themselves with all the features of the apparatus they will be expected to use.

• Part II: Teaching

Students will teach a 55-minute balanced Pilates method lesson to a client provided by the examiner. The lesson will be based on the particular needs of the client. The student will also submit a written evaluation for this client including a progressive, 3-month lesson plan immediately after the completion of the teaching session.

Pilates Education Group Affiliated Studios

Core Dynamics - Santa Fe, New Mexico Michele Larsson 505-988-5076

Moving Breath Pilates - Tempe, Arizona Virginia Nicholas 480-731-3101

Wellspring Studio - Pittsburgh, Pennsylvania Dilla Mastrangelo 412-363-6900

Student Agreement

By signing below, the student acknowledges that they have read and understood all the requirements to be accepted into the Pilates Education Group Teacher Training Program.

This agreement is to assist the student toward successful completion of the Pilates Education Group Teacher Training Program.

I have read, understand and agree to comply with all the above stated conditions for participation in the Pilates Education Group Teacher Training Program.

Student Name - Please Print

Student Signature

_____/_____/_____

Date

Pilates Education Group Faculty Signature

_____/_____/_____

Date