

Smartbody Pilates Studio Hybrid Mat Teacher Training Fall 2021

Basic Information

- Application deadline
 - **August 15, 2021**
- Requirements
 - Intermediate level Pilates practice and at least 50 mat classes under the belt
- Course duration
 - 12 weeks,
- Dates
 - **Start date: Saturday September 18, 2021**
 - End Date: Saturday December 11, 2021
- Number of Students
 - Minimum: 8
 - Maximum: 10
- Costs/Payment
 - Total Cost:
 - **1995 Euros + 21% btw (sales tax) = 2353.95**
 - No extra hidden costs
 - Payment schedule:
 - 500 Euro non-refundable deposit at time of booking +
 - 927 Euro by September 18
 - 927 Euro by October 18

Course structure and content

The Smartbody Hybrid Mat Teacher Training will use the following types of educational materials:

- Pre-recorded video library of Pilates exercises and lectures, as well as anatomy lectures available to the student until her/his final exam. Written syllabi of exercises and proprietary anatomy text.
- 3 in person lecture half days, covering the beginning, intermediate and advance series of Pilates mat exercises.
- 6 one and a half hour livestream anatomy tutorials covering the materials from the prerecorded videos and book.

- 3x weekly attendance of Smartbody's mat classes. This can be a combination of in person and livestream classes. Please consult the Smartbody group class schedule.
- 2 hours of (at home) self-practice weekly.
- 2 hours of (at home) practice teaching weekly
- Up to 3 hours of self study weekly.

Course Schedule

- Saturdays 13:00 to 17:00 September 18, October 16, November 13 2021.
- Tuesdays 19:30-21:00:00 online anatomy lectures: September 21, October 5, October 26, November 9, November 23 and December 7
- Class attendance: 3 classes weekly, at Basic level in first 4 weeks of course, intermediate level in 2nd 4 weeks of course and advanced level in last 4 weeks of course.
- Self practice, studying and practice teaching is done according to your scheduling needs.

Exams

Final exams for the course can be taken in person at Smartbody and will comprise

- teaching a 55 minute lesson to a student
- performing 6 advanced level exercises
- taking a written test of 15-20 questions.

The students have up to 12 weeks from the end date of the course to schedule and take the final exam.

Required Purchases:

- Online Anatomy Program
- Thick mat
- Standard Length Foam Roller
- 1.5 meter strong Theraband
- Small inflatable ball
- Return to Life Through Contrology by Joseph Pilates

