

The Smartbody Professional Teacher Training Program

History:

In 2006 Smartbody opened its studios as one of the first full service Pilates studios in Amsterdam and one of the first to offer Pilates teacher training. We began training teachers in 2008 with a vision of a program that is intensive, complete, and intimate. Since then we have graduate over 80 teachers who now teach across the globe in locations such as London, USA, Singapore, Spain, and across the Netherlands. Many of our graduates are full time professional teachers, some with their own studios. Other graduates teach part-time, as a supplement to part time or full time work. A few of our graduates do not teach, but have valued the teaching program as a means of improving their own practice.

Vision:

Smartbody combines high expectations for every trainee with a realistic path to getting there. Compared to some training programs, ours may be more intense and may take longer, but we feel the quality of our graduates speaks for itself.

High Expectations + Realistic Path

Our high expectations apply to the physical and mental development of the trainee as well as the specific teaching skills that the trainee learns. We call these two facets of teacher training “body transformation” and “the art of teaching”.

Body transformation.

A great Pilates teacher needs to be able to perform all of the exercises with poise, precision and control. For most people, this requires quite a dramatic body transformation. Such a transformation takes time, hard work, and plenty of verbal and hands on feedback from master teachers. It is easy to underestimate this challenge.

For this reason, our programs include unlimited access to all daily Smartbody classes and include 50 hours of small group equipment instruction for the equipment trainees. This access and training is available during the entire 6-8 month training period. In addition, all participants receive regular feedback about their progress.

Many applicants need additional training before the start of the official teacher training in order to be fit enough to enter. We have several membership packages that make this very practical and financially reasonable.

The Art of Teaching

Besides mastery of the exercises, a Pilates teacher needs to learn the art of teaching. This art includes the skills, creativity, and flexibility to handle diverse clients in diverse situations. But it also includes an intangible component - a dynamic to that makes lessons and classes flow even as they challenge. It is this aspect of teaching that allows students to really experience the “Pilates high” and keeps them coming back for more. The art of teaching develops only with experience and deep understanding.

For this reason, we offer an unusually high amount of individualized verbal hands on feedback from master teachers while students are teaching practice lessons. We call this “hands on mentoring”.

The Studio in Action

Smartbody is an active, full service Pilates studio to which you will have access all day, every day. You work directly and frequently with professional teachers at our studio. You get a feel for the dynamic of the studio - how we handle clients, what kind of tone teachers set, and the overall atmosphere.

This experience over a period of 6-8 months gives a feel for how a great Pilates studio actually functions. It also allows you to absorb some of the intangible elements that make for great teaching - the subtleties of teacher-student interaction that can't necessarily be articulated. It also allows you to immediately begin to build a network of colleagues.

Structure

The structure of the teacher training program is based on four principles: small groups, intensive training, personalized feedback, and unlimited access. Specifically we offer:

- Small groups:
 - Six trainees total will be accepted, four for the comprehensive training and two who complete only the mat portion.
 - All participants begin with considerable skill in Pilates and a high level of fitness. (with several options for precourse extra training if needed)
- Intensive training:
 - The comprehensive program consists of 500 hours total hours spread over the entire 8 month period
 - The mat program consists of 150 hours and spread over the first 6 months
- Personalized feedback
 - Master teachers are on site throughout the training for feedback both on personal technique and teaching skills
 - Considerable hands on mentoring is offered to develop the art of teaching.
- Unlimited Access
 - All students have full access to the space for training and practice teaching
 - All students may attend and/or observe unlimited free group classes
 - All exams, classes, etc. included in the price

The specific structure is summarized in following table:

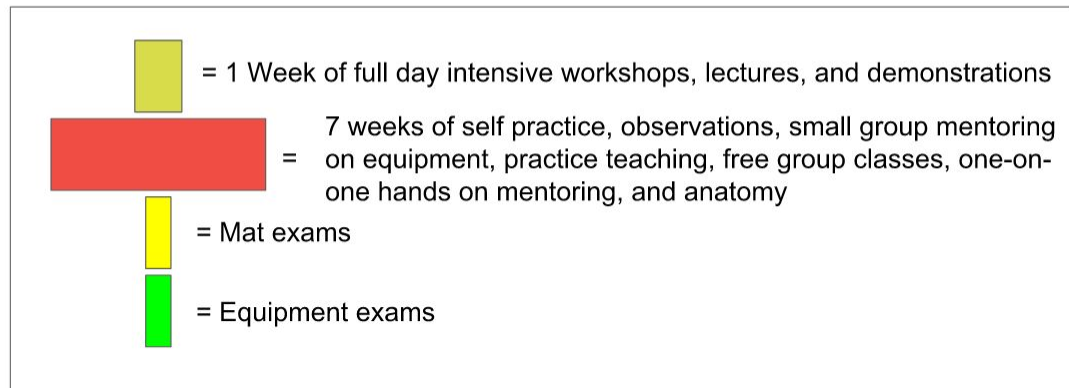
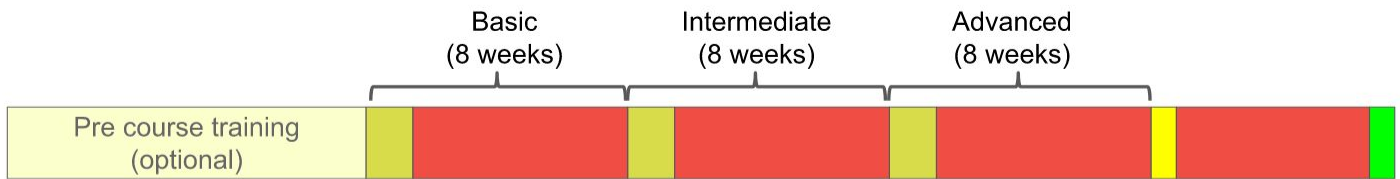
	Mat Only	Mat+Equipment
Duration	6 month program	8 month program
Max number of participants	2	4
Lectures and Demonstrations	6 full days = 42 hours	16 full days = 118 hours
Anatomy lectures	6 x 2 hours = 12 hours	6 x 2 hours = 12 hours
Practice teaching lessons	25 hours	150 hours
One-on-one hands-on teaching mentoring	6 hours	12 hours
Unlimited Free Group Classes	Yes	Yes
Unlimited access to studio for self practice	Yes	Yes
Total self practice hours	50 hours	100 hours
Small group mentoring on equipment		50 hours
Group class/privates observation	20 hours	50 hours
Q+A+discussion seminars	1 hour	6 hours
Total number of hours (approx.)	155 hours	500 hours
Total price exclusive BTW (in Euros, no hidden costs)	1995	4995

Timing/Dates:

The next teacher training program will begin January 31, 2019. Up until that date students are welcome to take advantage of special trainee membership packages that will allow them begin to transform their body. These packages are described on our website.

The course is laid out in four blocks of intensive workshops and lectures separated by four blocks of self practice, small group mentoring, practice teaching, and anatomy lectures. The mat and equipment trainees train together, with the equipment trainees having extra lectures in each workshop block. This layout is described in the figure on the next page.

Timing Overview:



Price:

Mat only: 1995 euros exclusive BTW

Mat+Equipment comprehensive: 4995 Euros exclusive BTW.

Talk to us about possible payment plans.

Books:

Mat:

Return to Life through Contrology by Joseph Pilates

Pilates Body in Motion by Alycea Ungaro

Pilates Mat by Ellie Herman

Comprehensive:

all of the above +

Pilates Reformer by Ellie Herman

Pilates Cadillac by Ellie Herman

Pilates Chair by Ellie Herman

Pilates Ladder Barrel and Arc

Pilates Springboard by Ellie Herman

Contact:

Please contact us if you are interested and/or have any questions. We love talking to enthusiastic Pilates people about our program. The course fills up quickly so don't wait.

Jelena: info@smartbody.nl - Phone: 0648270752

Molenpad 15, Amsterdam 1016GL, The Netherlands www.smartbody.nl