

Smartbody Pilates Studio Hybrid Mat Teacher Training Fall 2022

Basic Information

- Application deadline
 - **September 1, 2022.**
- Requirements
 - Intermediate level Pilates practice and at least 30 mat classes under the belt
- Course duration
 - 12 weeks
- Dates
 - **Start date: Saturday September 17, 2022**
 - **End Date: Friday December 9, 2022**
- Number of Students
 - Minimum: 7
 - Maximum: 10
- Costs/Payment
 - Total Cost:
 - **2195 Euros + 21% btw (sales tax) = 2656 Euros**
 - Extra optional costs: private lessons, exam retakes, mailing of hardcopy diploma
 - Payment schedule:
 - 500 Euro non-refundable deposit at time of booking +
 - 1078 Euro by September 17
 - 1078 Euro by October 17

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, as well as basic principles of teaching Pilates in one on one and group settings.
- 6 one and a half hour livestream anatomy tutorials covering the materials from the prerecorded videos and book.
- 3x weekly attendance of Smartbody's 55 mat classes. This can be a combination of live and livestream classes.

One of these is a mandatory (zoom or in person) class with the director of the program, Jelena Petrovic. This class will be scheduled once the group is closed.

- 2 hours of (at home) self-practice weekly.
- 1-2 hours of (at home) practice teaching weekly.
- Up to 3 hours of self study weekly.
- 3 times during the course, the student will get extensive individual written feedback on their teaching. This will be done through the submission of a teaching video.

Course Schedule

- Saturdays 13:00 to 17:00 September 17, October 15, November 12, 2022.
- Tuesdays 19:30 to 21:00 online anatomy lectures: September 20, October 4, October 11, October 25, November 8, November 22.
- 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. **NB: one of your weekly classes is Thursdays 9AM with Jelena**
- 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 or online 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: Muscle Premium from <https://www.visiblebody.com/anatomy-and-physiology-apps/muscle-anatomy>
- Thick mat
- Standard Length Foam Roller
- 1.5 meter strong Theraband
- Small inflatable ball
- Return to Life Through Contrology by Joseph Pilates
- Anatomy of Movement by Blandine Calais-Germain (this book is recommended but not required)