

Smartbody Pilates Studio Hybrid Mat Teacher Training Fall 2022

Basic Information

- *The entire course is designed to meet the needs of people who want either an online training or a live/online combination. The entire course can be completed online if that is preferred.*
- 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
 - 13:00-14:00 (online meet and greet)
 - End Date: Friday December 9, 2022
- Number of Students
 - Minimum: 7
 - Maximum: 10
- Costs/Payment
 - Total Cost:
 - 2195 €+ 21% btw (sales tax) = 2656 €
 - Extra optional costs: private lessons (zoom or in studio), exam retakes, mailing of hardcopy diploma.
 - Payment schedule:
 - 500 € non-refundable deposit at time of booking +
 - 1078 € by September 17
 - 1078 € 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. Additional books by Joseph Pilates, Alycea Ungaro and Blandine Calais-Germain.
- 12 contact hours of zoom meetings, covering the beginning, intermediate and advanced series of Pilates mat exercises, as well as basic principles of teaching Pilates in one on one and group settings.
- 6x one-hour livestream anatomy tutorials covering the materials from the prerecorded videos and book.
- 2x weekly attendance of dedicated trainee classes (zoon or in person) with Smartbody's Teacher Training director Jelena Petrovic and co-director Anna Levin.
- 2-3 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 and physical practice. This will be done through the submission of video materials..

Course Schedule

- Saturday 13:00 to 17:00 September 17, 13:00 to 14:00, zoom meet and greet.
- Every Tuesday 19:00 to 20:00, September 20 to December 6: Lecture + Q&A with Jelena or Anna
- Tuesdays 20:00 to 21:00 online anatomy lectures: September 20, October 4, October 11, October 25, November 8, November 22.
- From September 19 to December 9:
 - 2 classes a week on zoom or in person
 - one 55 minute class with Anna Levin
 - one 55 minute class with Jelena Petrovic.
 - Recordings will be made available if you have to miss. The times of these classes will be scheduled with the group.
- 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)