



We are so excited that you have expressed interest in doing STOTT PILATES Teacher Training with us. Whether you are looking to simply improve your personal practice or become a Pilates Teacher someday, this is by far the most comprehensive teacher training out there and it will prepare you and motivate you to move smarter and feel better forever! STOTT PILATES is recognized as the IVY LEAGUE of education and you are soon to find out why. You will know everything you need to be the most informed and prepared Pilates Instructor in the ever growing industry.

This course is intended for those already working in the fields of fitness or movement, as well as those who are unable to devote the time required in our Comprehensive Program due to work and/or scheduling issues. Building on your current fitness knowledge, this training teaches you to design and lead the Level 1 Essential and Intermediate STOTT PILATES Reformer repertoire for personal or group training settings for a range of clients. You will leave with a solid foundation and required skills to develop effective and motivating Pilates Reformer programs.

Details

What you will learn

- The STOTT PILATES Five Basic Principles
- Essential, Intermediate, Power workouts
- Effective use of the Reformer to enhance torso stability and strength, peripheral extremity conditioning, joint stability, flexibility, balance and coordination
- Effective communication and observational skills
- Verbal cueing and imagery for performance enhancement and client motivation
- Theory and practice of postural analysis
- 139 exercises plus modifications for specific body types, postural issues and conditions
- How to incorporate resistance equipment to support and intensify exercises
- Exercise layering related to effective program design
- Workout composition for personal and group training

Requirements of certification

- 50 hours of instruction and supervised teaching
- Minimum of 10 hours of observation
- Minimum of 40 hours of physical review
- Minimum of 25 hours of practice teaching
 - Total: 125 hours



Observation, practice teaching and physical review

A minimum number of hours of observation, practice teaching and physical review are required for all courses and should be completed between instructed sessions at any STOTT PILATES facility. Additional training may be required before certification. Practice teaching and physical review hours must be logged outside of class time. The practice logs must be submitted on your exam date (either written or practical exam). If the student fails to submit all the logs within 7 days from the last portion of the exam, the entire exam will be void.

For additional information:

<https://pilates66.com/teacher-training/>

Next Steps:

Please register with the following link. We will order your books and supplies and keep them at the studio prepared and ready for you at the time the course begins. If you pay by cash or check I am offering a \$50 discount, you can also Zelle 928-970-0042 for Zelle. Total Price for Class is \$2,000

Payment plans are available online in Mومence

- Pay \$440.00 now
- \$440.00 in 30 days
- \$440.00 in 60 days
- \$440.00 in 90 days
- \$440.00 in 120 days



Once you register you will continue to receive emails prior to the course with additional information including reading, books etc that will be helpful tools and references for your journey but not required.. If an emergency happens and you are unable to attend the course you will be given the option to allocate your registration fees to the next training.

The Schedule: 10 Days (50 Hours)

Week 1: Fri 12– 5:30, Sat 11-4:30, Sun 11-4:30

Week 2: Fri 12– 5:30, Sat 11-4:30, Sun 11-4:30

Week 3: Thurs 12– 5:30, Fri 12– 5:30, Sat 11-4:30, Sun 11-4:30

*PLEASE NOTE: For every 2 hours missed it is 1 hour private instruction you will have to pay separately at a rate of \$125/hour and schedule availability will be dependent on current schedule allowance.

Once you complete the course and the remaining hours as listed above you can schedule to take your text within 6 months of your course completion date. I highly encourage the workshops I will be offering as well as a good tool for preparation for the course as well as help with the application of the exercises in other content such as in the athletic performance and training.

Please contact me individually to complete your registration and payment as well as to review any of your personal questions.

Josie Allen

928-606-0866

“Sometimes you will meet people who will change your life forever, these people are called PILATES TEACHERS”