



Fancy a career or part-time work as  
a Pilates Teacher?

Develop the knowledge, skills and techniques  
to become a Pilates Mat Teacher with our  
Balanced Body teacher training programme.

## Pilates Mat Foundation Training

web: [www.purely-pilates.co.uk](http://www.purely-pilates.co.uk) | email: [bill@purely-pilates.co.uk](mailto:bill@purely-pilates.co.uk)

# Our Foundation Course provides you with all the necessary training and support to become a successful Pilates Mat Teacher



## Pilates Mat Foundation Training

The Pilates Mat Teacher training programme is designed to create thoughtful, creative and successful Pilates Mat Teachers. It will open your mind to the magic of movement and the joy of teaching.

The curriculum is rooted in the classical work that Joseph Pilates taught. You will also learn variations and modifications that were developed in response to scientific advances and the needs of today's student for work that is safe, effective and fun.

The Pilates Mat programme includes the full repertoire of Pilates exercises, along with modifications and variations designed to make your teaching successful for a wide range of clients. By focusing on the principles underlying the Pilates Method, we give you the power to be a creative, inspiring and transformative teacher.

Balanced Body has designed a world renowned programme to make the process easy to understand, flexible and affordable. Our courses are taught in modular segments. This gives students the flexibility to choose when to complete the programme. Each module is self-contained so you can take them as quickly or as slowly as your schedule and budget allow.

Modules are taken in sequence to complete the Mat Teacher training programme and additional hours of practice are required before you can test out and receive a certificate of completion.

Each module includes a certificate of completion for that course and a manual. The module certificates establish you as a Balanced Body student teacher. Additional personal practice, observation and student teaching hours are required to become a fully qualified Balanced Body Pilates Teacher.

### Education Prerequisites for Pilates Mat Teacher Training

The prerequisites to starting Pilates Mat Teacher training are that you fall into one or more of these categories:

- A teacher in a recognized movement fitness discipline, e.g. Yoga, Dance, Personal Trainer
- A rehabilitation professional, e.g. Physiotherapist
- A Pilates enthusiast who has practised Pilates for at least 6 months

### Who Will Teach Me?

**Keeley Craigie** – Balanced Body Master Instructor & Course Leader

Keeley has over 30 years' experience in the health & fitness industry. She is certified to run Pilates Teacher Training courses for Mat, Reformer and other Apparatus. She is also certified to run courses for Anatomy in 3 Dimensions™. Keeley is a highly motivational and inspirational Teacher Trainer and has helped many student Pilates Teachers establish their own careers.

**Karyn Laverne**—Balanced Body Master Instructor

A former nationally ranked (US) figure skater. Karyn carries the same teacher training certification as Keeley.

### How is the Pilates Mat Teacher training course structured?

There are five modules on the course. Each module is compulsory and they need to be taken in sequence.

- Movement Principles
- Mat 1
- Mat 2
- Mat 3
- Final Test-Out

Our Balanced Body courses are modular and progressive. You can get started quickly, then grow your teacher programme as far as you like. Instructors can start teaching their own Mat clients as soon as they complete the Mat 1 module.

Each module is run over two days, at week-ends. Check out the up-coming schedule below and contact Purely

2019 Course Dates (1st Half)	Course
January 26th / 27th	MP
February 9th / 10th	Mat 2
February 23rd / 24th	Mat 1
March 23rd / 24th	Mat 3
May 4th / 5th	Mat 2
June 22nd / 23rd	MP
June 29th / 30th	Mat 3

### About



The world's largest Pilates Organisation. They provide the highest quality Pilates education and support through their instructor training faculty.

Faculty membership is limited to only the very best Pilates instructors in selected countries throughout the world.



Run by Keeley Craigie, a Balanced Body Faculty Member and Master Instructor.

The Purely Pilates dedicated studio is a Balanced Body authorised training centre. It is situated in a tranquil but highly accessible market town location.

This offers trainees a welcome alternative to the hassle and higher costs of big city training venues.

#### Purely Pilates

37 Bury Street, Stowmarket, Suffolk, IP14 1HA  
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Our courses are taught in modular segments. This gives students the flexibility when to complete the programme.



### The Balanced Body Pilates Mat Teacher Training programme includes:

- Exercise instruction in pre-Pilates and the complete Mat repertoire.
- Instruction in observing, analysing and correcting posture and movement imbalances.
- Cueing, coaching and teaching tips for clients at different levels of ability.
- Safety information for teaching older adults, pre & post-natal women, and clients with physical limitations.
- Tips on teaching successful group programmes.
- Sample programs to get you started.

### Included in the price of each Module on the Course:

- Instructor teaching fee
- Manuals
- Certificate of completion
- Marketing assistance to help launch your journey as a Pilates Teacher
- Refreshments: fruit, water, tea, coffee & chocolate!

### What's not included in the price:

- Travelling Costs & Parking
- Accommodation Costs
- Lunches. You are welcome to bring your own food. There are nearby cafes and places you can buy sandwiches, etc.

### Movement Principles Module 16 hours over 2 days - £400

The Principles include the most important information on anatomy, assessment, biomechanics and foundational exercises needed to become a successful Pilates teacher.

This module mixes information on how the body works with basic exercises to illustrate the information in movement. It provides a solid foundation for the remainder of the Pilates Mat Teacher Course.

### Mat 1 Module 16 hours over 2 days - £400

Introduction to Pilates, plus Beginner and Intermediate Exercises

- History and principles of Pilates
- Beginner and intermediate exercises
- How to plan classes
- Guidelines for teaching seniors and pre & post natal classes

### Mat 2 Module 16 hours over 2 days - £400

Intermediate/Advanced Exercises

- Intermediate and advanced exercises
- Training tips for advanced clients
- Pilates for sports- specific activities

### Mat 3 Module 16 hours over 2 days - £400

Introducing small equipment into Group Pilates Classes

- Bands
- Balls
- Rings
- Rollers

### Self-Study Components

Prior to the final test-out, students must have completed and passed Movement Principles, Mat 1, Mat 2 and Mat 3.

In addition, students must have logged:

- 20 Mat personal sessions
- 15 Observation hours
- 35 Student Teaching hours

Attending and observing Pilates classes can be done anywhere and any brand of Pilates of your choosing. On-line classes also count.

Full guidance is given on the Mat 1 module.

### Final Test-Out 6-8 Hours over 1 day—£180

The final test-out involves a written exam and a practical exam. Upon completion of these elements you will become a fully qualified Balanced Body Mat Instructor and be awarded a Certificate of Completion.



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