

Welcome to the Sandstone Pilates Teacher Training Academy

Thank you for your interest in joining our internationally renowned Pilates Mat Teacher Training course. We are thrilled that you are thinking of joining Sandstone for this training.

Sandstone Yoga & Pilates are proud to partner with Balanced Body to deliver a 2019 training programme that is designed to create thoughtful, creative and successful Pilates Mat teachers. Our training programme will open your mind to the magic of movement and the joy of teaching.

As one of the largest Pilates organisations world-wide, Balanced Body provide the highest quality Pilates education and support through their Master Instructor training faculty in California. Faculty membership is very selective and is limited to only the very best Pilates teacher trainers.

At Sandstone, we have put together a well-known and well-respected team of Balanced Body Pilates Master Instructors, backed by a professional support team. We hope the following will provide a starting point for your journey into Pilates teacher training with us.

How long is the course and where will I learn?

The 2019 training course is spread out over 9 months with all course modules run over weekends.

We will teach from studio 1 at our Aldridge studio. The whole studio environment remains under our control and is only used for these practices. It is decorated and lit to provide an uplifting and safe environment. We have just heavily invested to extend studio 1 for the sole purpose of giving academy students more space.

What practical experience do I need to enrol on this course?

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

What will I study?

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.

- 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



- Safety information for teaching older adults, pre-& post-natal women and clients with back, knee, neck and shoulder conditions
- Tips on teaching successful group programmes

Who will teach me?

Keeley Craigie – Balanced Body Master Instructor & Course Leader

Keeley has over 30 years' experience in the health & fitness industry and has been teaching Pilates since 2000. During 2012 she was selected by Balanced Body to join their faculty to train as a Pilates Teacher Trainer. As a Pilates Master Instructor, 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.

Keeley lives in Suffolk where she runs her own successful Pilates Studio called Purely Pilates. Born and raised in Lichfield, she originally hails from the West Midlands. She maintains a strong connection to the area and is thrilled to be 'coming home' to lead this course.

Karyn Laverne - Balanced Body Master Instructor

Before training to become a Balanced Body Master Instructor, Karyn was a nationally ranked figure skater. She has a Masters in Kinesiology and a Masters in Sports Medicine. As a United States Figure Skating Association Member, Karyn was introduced to Pilates as a form of rehabilitation from an injury sustained during her competitive career. Having tried many different types of body connection and awareness training, during this rehabilitation Karyn experienced transformations in her body which allowed her to return to the ice stronger and more centred than she had ever been. This "ah-ha" moment led Karyn to find her true passion: Pilates. Upon retirement from competitive figure skating, Karyn began to study and teach Pilates and has had the privilege of studying with world renowned Pilates teachers and specialists. In 2015 she became a Pilates Teacher Trainer and a Balanced Body Master Instructor.

How is the course structured?

There are 8 modules on the Pilates Mat Teacher Training course:

	Module	Short Description	Which Date(s)	Which Days
1	Movement Principles	How the body works and how to train it	TBC	Saturday & Sunday
2	Mat 1	Beginner & Intermediate Moves	TBC	Saturday & Sunday
3	Practice & Consolidation		TBC	Sunday
4	Mat 2	Intermediate & Advanced Moves	TBC	Saturday & Sunday
5	Practice & Consolidation		TBC	Sunday
6	Mat 3	Small Apparatus for Mat Classes	TBC	Saturday & Sunday
7	Practice & Consolidation		TBC	Sunday
8	Test-Out	Final Test & Certification	TBC	Saturday or Sunday

Notes:

- Module numbers 1, 2, 4 & 6 run all day Saturday & Sunday, 9.00am to 6.00pm. You must attend both days. These modules are compulsory.
- Module numbers 3, 5 & 7 run Sundays 0n.00am to 0n.00pm. Ideally you should attend all three, but you must attend at least two.
- Module 8 repeats Saturday & Sunday 10.00am to 4.00pm. Subject to availability you will have a choice of day. This module is compulsory.

Outline of each module

Movement Principles

The Balanced Body Movement Principles form the foundation of Balanced Body Education. They include the most important information on anatomy, assessment, biomechanics and foundational exercises needed to become a successful Pilates teacher.

The course mixes information on how the body works with basic exercises to illustrate the information in movement. Broken down into five categories: Whole Body Movement, Trunk Integration, Lower Body Strength and Power, Upper Body Strength and Balance and Dynamic Flexibility, Rest and Relaxation, the Movement Principles provide a solid foundation for the remainder of the Pilates Mat Teacher Training course.



Mat 1

This module includes an introduction to the history and principles of Pilates, pre-Pilates, beginner and intermediate level exercises with modifications, lectures on class order and programming in a group setting; and guidelines for teaching seniors and pre/post-natal classes.

Mat 2

This module includes the remaining intermediate and advanced level exercises and class sequences.

Mat 3

This module combines mat and bands, balls, rings and roller workshops into one module.

Practice & Consolidation Modules

These modules are designed to help the Pilates teacher trainees to prepare for exams and teach with more confidence.

They include instructor led classes which are a great way to experience the principles learned in your course in action, plus a chance to learn more about planning classes for the levels of ability in your class.

There are also sessions reviewing the Pilates repertoire. These analyse the intricacies of the exercises and help you practice and develop correct form while enhancing your knowledge of each exercise.

Is there anything else I need to do?

Before the Final Test-Out there are also self-study components you must fulfil, including attending Pilates classes, observing and critiquing Pilates classes and teaching Pilates classes. Students must maintain a log of these activities. Attending and observing classes can be done anywhere and any type of Pilates of your choosing. Online Pilates classes also count.

The minimum requirements are:

- 20 Mat personal sessions
- 15 observation hours
- 35 student teaching hours

Final Test-Out

To gain your final certificate as a Pilates Mat Teacher there is a one-day Test-Out which involves a written exam and teaching a 1-hour class.



I want to find out more but am not quite ready to sign up.

1. Please call us on 01922 277 684 or email teachertraining@sandstone yoga.co.uk we are happy to discuss any questions you may have.
2. Michelle is always happy to chat by prior arrangement.
3. Come along to the Discover Pilates Teacher Training Event on Saturday 6th October 2.15 – 4.15pm to find out more and ask questions.

Applications will be taken on a first come, first served basis.

You are guaranteed a place on the course once your fees are paid in full. We reserve the right to offer your place to another candidate if you fail to make payments as agreed. Certificates will be issued only if there are no payments outstanding, e.g. for private sessions, etc.

We are very conscious that many of you are planning to take Pilates into your workplace or into charity groups you work with. We welcome applications from those who will be fully or part-funded by employers/interested parties such as:

The NHS

Schools

Charities

Voluntary Groups

Social Enterprises

Funding Bodies

What is included in the course fees?

- Training and assessment by a qualified Balanced Body Master Instructor & others.



- 4 hard-copy manuals, 1 each for Movement Principles, Mat 1, Mat 2 & Mat 3. Access to a download page for copies of presentations, lectures and other material, all in electronic PDF format
- Certificate of completion for each of the main modules (excluding practice and consolidation modules)
- Student teacher evaluation emailed to you during the week after each of the main modules. This evaluates your teaching ability broken down into a number of categories and provides guidance.
- Personal practice evaluation emailed to you during the week after each main module. This evaluates your own ability performing Pilates moves and provides guidance on how to improve.
- After successfully completing the Final Test-Out and all other requirements of the course, a certificate as a fully qualified Pilates Mat Teacher
- Free use of Sandstone equipment whilst in our venue during teacher training weekend sessions

What is not included in the course fees?

- Food, drinks or snacks - please only bring vegetarian food into our studios.
- Studio classes, workshops, retreats or any other service offered by Sandstone Yoga & Pilates.
- Any re-assessment sessions organised after the formal weekends finish.

What is expected of me during the course?

You will be expected to sign and adhere to our code of conduct on enrolment on the course.

In addition to this you are expected to:

- Attend Movement Principles, Mat 1, Mat 2 & Mat 3.
- Attend at least two out of three practice & consolidation days.
- Attend the Final Test-Out
- Complete all assignments: personal practice, observation & teaching before the final test-out.
- Accept that you are allowed to resubmit coursework assignments at a cost of £49 per assignment.
- Accept that you can re sit multiple choice tests at a cost of £15.
- Work towards practicing Pilates daily.
- Make every effort to communicate your intended absence at any of our course weekends.



Once you have demonstrated that you have successfully met our assessment criteria you will be issued with a certificate. You will be able to register on our database of accredited teachers. You will also be registered on Balanced Body's database.