



SANDSTONE
YOGA & PILATES

Active iQ

LEVEL 3 DIPLOMA IN INSTRUCTING PILATES MATWORK

The course is approved by Active IQ and delivered over 4 weekends from September – December 2021.

Contact pilates@sandstone yoga.co.uk for more

“This level 3 qualification is delivered through online learning, with one in person assessment weekend and regular tutor interaction.”

DATES: Start September 2021, Qualify January 2022

Online: SEP 11/12; OCT 9/10; NOV 13/14;

In person assessment dates: DEC 11/12

ONLINE COURSE AND IN PERSON ASSESSMENT DAY:

FULL PRICE: £999 if paid in full OR

**DEPOSIT: £400 followed by 3 monthly payments of
£210 each**



Train to Teach Pilates

WELCOME TO THE SANDSTONE TEACHER TRAINING ACADEMY

Thank you for your interest in joining one of our nationally renowned Teacher Training courses. We are thrilled that you are thinking of joining Sandstone for this training. This course is fully accredited by Active IQ who set the highest standards in health and fitness education and teacher training.

PRACTICE AND TRAINING IN THE UK

We have built a high reputation for quality teaching and support and we have developed this reputation through our existing courses. We have built our Teaching Academy on firm foundations and we expect our Level 3 Diploma in Instructing Pilates Mat Work to fill up quickly.

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

RATIONALE – OUR THINKING

We want to train students in a truthful and authentic way, that prepares them thoroughly for their future Pilates instructing journey. We have built up a reputation for quality and caring teaching. Our own students have shown a desire for this course as they have developed their love of Pilates through our classes, workshops, retreats and courses.

Additionally, as word of our Academy has spread, and we have grown a national reputation we are finding students are interested in joining us from further afield. We expect some to join us for their second teacher training course, after completing their yoga teacher training or other fitness instructing qualifications. With the success of the launch of the online course we are even drawing students internationally.

We deliver the online training via live-stream so you get very close to the tutor. Learning is 2-way so you can ask questions. You will practice teaching and interact with your peers in smaller rooms.

You will have access to pre-recorded anatomy sessions. These are offered via our own dedicated online portal and we can see when you have taken them.

We have lost nothing in translation by moving our training online. On completing the course, you will be able to teach Pilates at a variety of paces, levels and be able to modify for certain conditions.

Although our Pilates teacher training is brand new, the following is a testimonial from our existing yoga teacher training course.

"I was surprised by how you do get to know people, how you can create a safe learning space online and how much more of the tutor you see rather than being in a room. I'm converted".

WHO WILL TEACH ME?



Nick Smith – Ba(hons), MSc, RYT 200 hours, Qualified Pilates teacher, Lecturer, tutor and assessor.

Nick graduated from De Montfort University in 2010 with a 2:1 BA degree in contemporary dance. Since 2012 Nick has been working as a visiting lecturer in Dance teaching technique and strength and conditioning at De Montfort University and more recently at Coventry and Wolverhampton Universities. Nick has recently completed an MSc in Dance Science, specialising in strength and conditioning for active populations.

Nick qualified as a fitness instructor in 2013 and more recently as a mat Pilates instructor in 2018, Nick is also a qualified yoga teacher. Nick is passionate about inspiring people from all walks of life to stay healthy through physical movement in all its forms. Nick also has direct experience of easing students into the employment as he teaches employability skills at the University. Nick is also the current anatomy lead on the Sandstone Yoga teacher training course.

“I am so excited to be leading the Level 3 Pilates Diploma at Sandstone. Teaching and mentoring Trainee Teachers is such an honour and I look forward to sharing my varied background and experiences with them.”

OTHER TEACHERS INCLUDE

Joanna Bentley – (PGCE) Tutor, Assessor, RYT 200 hours, Internal Verifier and quality assurance

Joanna is a qualified Pilates instructor, yoga teacher and internal verifier. It is Joanna’s role to ensure Nick provides all trainees with the best possible learning experience and assessment opportunities. Joanna will also ensure you, as the learner meet the requirements set by Active IQ to qualify as a Pilates instructor.

Joanna’s internal quality assurance and verification role, will ensure all students on the level 3 Pilates diploma, receive the best possible learning experience and meet the correct standard to become a qualified Pilates instructor.

HOW IS THE COURSE STRUCTURED? WHERE WILL I LEARN?

This course is spread out over 4 months, we will meet (either online, or on the final weekend in person) for two days on the second weekend of each month from September – December. The final weekend will consist of teaching practice and assessment and will take place in person, on the second weekend in December. The in-person weekend will run at the Sandstone Sutton Coldfield studio (easily accessible via public transport).

There is still plenty of time in between weekends to learn, practice and consolidate. All trainees will be given manuals and appropriate learning materials for independent study throughout the course. The taught sessions online will be day times from approximately 8.30am - 5.00pm (maximum).

WHAT WILL I STUDY?

The course will include:

1. Anatomy and Physiology for exercise and health

2. Know how to support clients who take part in exercise and physical activity
3. Health, safety and welfare in a fitness environment
4. Principles of exercise, fitness and health
5. Principles of Pilates Matwork
6. Programming Pilates Matwork
7. Instructing Pilates Matwork.

WHAT PRACTICAL EXPERIENCE DO I NEED?

Ideally you will have experience of practicing Pilates. You must have a basic standard of fitness and mobility to enrol on the course.

There is an element of communication (discussing, presenting, reading and writing) involved and learners should have basic skills in communication.

If you would like to discuss this with us, please contact us on:

Pilates@sandstone yoga.co.uk

HOW DO I TAKE THIS FURTHER? I WANT TO SIGN UP FOR THE COURSE

Pay the £400 deposit now (payment schedule below)

I WANT TO FIND OUT MORE BUT AM NOT QUITE READY TO SIGN UP

We are happy to discuss any questions you may have

Call us on 07983985534 or email: pilates@sandstone yoga.co.uk

PAYMENT SCHEDULE IS AS FOLLOWS

Immediately £400 (deposit) or £999 to receive the full price discount:

Payment plans available on request. Most of our students pay this way.

You can pay directly into our account which is:

Name	Sandstone Training Academy Limited
Sort Code	09-01-29
Account No	26939081

Please reference your surname and PTT21, eg SMITHPTT21

Applications will be taken on a first come, first served basis. You are guaranteed a place on the

course once your deposit is paid.

At Sandstone Yoga we give you clear deadlines, communicated via email, for payment terms. Should you miss a payment date and we must chase payments we reserve the right to add a £10 charge for late payment.

WHAT IS INCLUDED IN THE COURSE FEES?

1. Training and assessment by qualified tutor and assessor Nick Smith and others.
2. A full manual and other appropriate paperwork. For example: A reading list, all in electronic PDF format.
3. Free use of Sandstone equipment whilst in our venue, during the final weekend.
4. All assessment sessions and feedback.
5. Links to recordings of all hours that are live-streamed & access to pre-recorded training materials.
6. On completing the Level 3 Anatomy and Physiology exam, you will not have to take this exam again if you decide to train to teach other disciplines with Active IQ or other course providers.

WHAT IS NOT INCLUDED IN THE COURSE FEES?

1. Food, drinks or snacks - please only bring vegetarian food into our studios.
2. Insurance (you can get this from a number of providers)
3. Studio classes, workshops, retreats or any other service offered by Sandstone Yoga.
4. A certificate (paying does not guarantee passing. You will need to complete all assignments & tests to the minimum standard and gain a minimum of 80% attendance).
5. Any re-assessment sessions, should they be needed.

WHAT IS EXPECTED OF ME DURING THE COURSE?

You will be expected to sign our Code of Conduct on enrolment on the course. In addition to this you are expected to:

1. Attend a minimum of 90% of the face to face training. Watch all pre-recorded videos.
2. Complete all assignments, teaching practice, log books, etc within 6 months of completing the final weekend.

3. Accept that you can resubmit coursework assignments at a cost of £49 per assignment.
4. Accept that you can re sit Multiple Choice tests at a small cost.
5. Accept that you can re sit your teaching assessment at a cost of £75, and you are responsible for arranging students to attend. The above also applies if you are unable to take your assessment on the scheduled assessment day.
6. Work towards practicing Pilates daily.
7. Make every effort to communicate your intended absence at any of our course weekends.
8. Policy Documents including: Terms and Conditions, Code of Conduct and Complaints Procedure are all available at request.

Once you have demonstrated that you have successfully met our assessment criteria you will be qualified. We celebrate success with a Graduation Ceremony which is for your cohort only. Friends and family can come too.

Once you have received your certificate, you will be able to register with a personal liability insurance provider and begin to teach Pilates mat work.

HOW AM I ASSESSED?

You will complete the following:

1. Coursework/Project.
2. Multiple Choice Examination.
3. Portfolio of Evidence
4. Practical Demonstration/Assignment,

WHO ARE ACTIVE IQ?

We are delighted to be able to offer this course accredited through Active IQ.

This is taken directly from their website:

About Active IQ

Active IQ is an awarding organisation recognised and regulated by Ofqual within the Active Leisure sector designing qualifications that support clear career pathways. We pride ourselves on excellent customer service, and strive to provide high quality resources for our qualifications enabling training providers to give a positive learning experience.

We look forward to hearing from you soon.

Nick Smith is working as an agent of Sandstone Yoga & Pilates.