

A high-angle, close-up photograph of a person's legs and feet on a dark, textured mat. The person is wearing dark socks and has a dark, textured band wrapped around their right knee. The background is a light-colored wooden floor. The overall lighting is soft and focused on the person's legs.

Heated Mat Pilates Teacher Training Info Packet

THE WORKSHOP
PILATES

WHAT MAKES OUR PROGRAM DIFFERENT?

We will cover both the classical Mat Pilates repertoire as designed by Joseph Pilates as well as the contemporary movements you may be more familiar with at The Workshop Pilates.

During the training, we will focus on teaching you the mechanics of the movements and the most effective way to cue movement to students. We will guide you through sequencing the movements to create a well-balanced class that seamlessly flows from one exercise to the next. We will teach you how to best utilize and incorporate props to enhance the effectiveness and efficiency of your classes. We believe that the most effective use of your time spent during a training program is by the putting the materials into action through observation of classes, personal practice (taking classes) and practice teaching. You will have access to your training team throughout the program with both virtual and in-person office hours.

YOU WILL LEARN

- Foundational Mat Pilates movements
- The classical Mat Pilates repertoire
- Contemporary Mat Pilates exercises & props
- Sequencing for a heated Mat Pilates class
- Functional Anatomy
- Verbal and tactile cueing
- Exercise guidelines
- Musicality
- Fundamentals of Pilates – Philosophy, History & Principles
- Professionalism and becoming a Pilates Teacher

SCHEDULE

Pre Course Materials

Online Lectures (self-paced)

Weekend 1

Friday – 4 to 8 pm

Saturday – 1:30 – 7:30 pm

Sunday – 1:30 - 7:30 pm

Weekend 2

Saturday – 1:30 – 7:30 pm

Sunday – 1:30 - 7:30 pm

HOURS BREAKDOWN

Virtual Lectures & Quizzes (self-paced) - 45

In person classroom hours - 28

Observation - 25

Self-Practice - 25

Practice Teaching - 25

Practical & Teach Out - 2

Total Hours - 150

MINIMUM REQUIREMENTS

- At least 18 years of age
- Must be able to attend all in-person dates
- Taken 10 number of Mat Pilates (heated or non-heated) classes

INVESTMENT

Cost: \$1,900

Early Bird Cost: \$1,700 (paid in full)

or

Deposit: \$500

Remaining balance (\$1400) paid in full

Payment Plan

Deposit: \$500

2 monthly installments of \$700

YOU WILL RECIEVE

- Access to online library of lectures and quizzes for one year
- Video library with Foundational Mat Pilates movements and the classical Mat Pilates repertoire
- Manual with classical and contemporary Mat Pilates exercises including photographs, cues, modifications, and variations
- A discounted unlimited Heated Mat membership for 2 months

TERMS + CONDITIONS

- Any (emergency) absences will require a make-up session at the cost of \$25 / hour to review missed materials.
- Payment is non-refundable and non-transferable. If due to unforeseen circumstances (illness, emergency, etc) we will transfer payment / enrollment to a future Heated Mat Pilates teacher training program or apply the balanced to our Comprehensive Teacher Training Program.
- Certificates will be given to trainees upon receiving a passing score on the Final Test Out and completion of all hours.
- Completion of The Workshop Pilates Heated Mat teacher training does not guarantee employment at The Workshop Pilates.