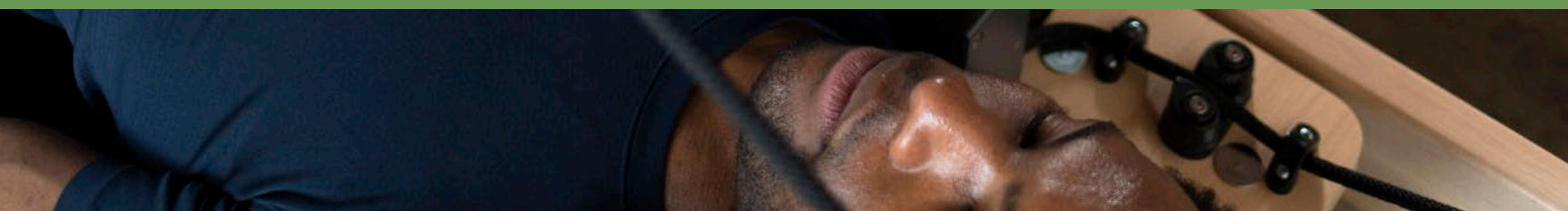




Balanced Body<sup>®</sup>

EDUCATION CATALOG







Turn your passion into your career. Join us to start or continue your professional journey!

Balanced Body is the worldwide leader in Mind-Body Education. Our programs are based on the Balanced Body Movement Principles, providing a strong foundation and giving you a deep understanding of how the body works and how to make it work better.

With the largest global network of teachers, Balanced Body offers courses at authorized training centers around the world. We work with the best educators in Pilates and complementary disciplines providing learning opportunities that are stimulating, personalized and deeply rooted in the art and science of movement. Learn and grow with programs that develop your mind, body and career.

From instructor training to our renowned Pilates on Tour® conferences, Balanced Body is committed to supporting your personal and professional growth.

# Balanced Body® Education Programs

Whether you are starting your teaching journey or looking for inspiration along the path, Balanced Body provides everything you need to succeed.

All of the Balanced Body courses are designed to make you a confident and competent instructor. Balanced Body programs combine the latest developments in movement science with a passion for movement and a commitment to the art of teaching. Our first program, the Balanced Body Pilates Instructor Training, was created in 2006 by Nora St. John, MS, and has since become the world leader in Pilates teacher training. With over 500 educators around the world, we offer more classes in more locations than anyone else. Join our community of talented teachers to bring life changing fitness to your community.

## TEACHER TRAINING PROGRAMS

- » Balanced Body Pilates Instructor Training
  - Balanced Body Movement Principles
  - Balanced Body Mat
  - Balanced Body Mat and Reformer
  - Balanced Body Reformer
  - Balanced Body Comprehensive Pilates
- » Complementary Mind Body programs
  - Anatomy in Three Dimensions™
  - Balanced Body Barre™ Instructor Training
  - Bodhi Suspension System™ Instructor Training
  - CoreAlign® Instructor Training
  - MOTR™ Instructor Training

## WORKSHOPS & CONTINUING EDUCATION

- » Pilates on Tour® Conferences
- » Balanced Body Workshops
- » Online Courses
- » Passing the Torch™, Exclusive Pilates Mentorship

## CONTINUING EDUCATION CREDITS OFFERED BY:

- » Pilates Method Alliance (PMA)
- » American Council on Exercise (ACE)
- » National Academy of Sports Medicine (NASM)
- » Aerobic and Fitness Association of America (AFAA)

## Not Balanced Body? Why not Bridge!

If you have completed, or are on your way to completing, a Pilates program but would like to become part of the Balanced Body family, we have a bridge program just for you. Check out our Bridge Application on line.

[pilates.com/education-finder](https://pilates.com/education-finder)

## Use the Education Finder to discover classes near you.

The Balanced Body Education Finder lists all the courses offered by Balanced Body Master Instructors and partners. It's easy to use. Choose your location, type of training or dates and you're on your way to experiencing the very best in mindful movement education.

Go to [pilates.com/education-finder](https://pilates.com/education-finder) and get started today!

## An International company

Balanced Body Education offers courses worldwide. Our manuals are translated in Korean, Japanese, Chinese, Italian, French, Russian, Turkish and other languages.

## Don't see a location near you? We'll send an instructor to you!

If you are looking for instructor education for your team or don't find a convenient course near you, call us to set up a training at your facility.

Call 800-PILATES (745-2837) to schedule a training today.

# Balanced Body® Pilates Program Overview

Course of Study	Pre-requisite Requirements	Pilates Modules				Test Out Requirements
<b>Mat Instructor Training</b>	<ul style="list-style-type: none"> <li>» 10 Pilates Mat sessions</li> <li>» 6 Months work experience in related field recommended</li> <li>» Anatomy (recommended)</li> </ul>	Movement Principles	Mat 1	Mat 2	Mat 3	<ul style="list-style-type: none"> <li>» Successful completion of Movement Principles, Mat 1, 2 and 3 modules.</li> <li>» Completion of practice hours - 20 Mat personal sessions, 15 observation hours, 35 students teaching hours.</li> <li>» Anatomy (recommended)</li> <li>» <b>Total hours: 134</b></li> </ul>
<b>Reformer Instructor Training</b>	<ul style="list-style-type: none"> <li>» 20 Reformer sessions</li> <li>» 1 year work experience in related field recommended</li> <li>» Anatomy required prior to test out</li> </ul>	Movement Principles	Ref 1	Ref 2	Ref 3	<ul style="list-style-type: none"> <li>» Successful completion of Movement Principles, Reformer 1, 2 and 3 modules.</li> <li>» Completion of practice hours - 30 Reformer personal sessions, 30 observation hours, 90 students teaching hours.</li> <li>» Anatomy</li> <li>» <b>Total hours: 230</b></li> </ul>
<b>Mat and Reformer Instructor Training</b>	<ul style="list-style-type: none"> <li>» 20 Reformer sessions</li> <li>» 1 year work experience in related field recommended</li> <li>» Anatomy required prior to test out</li> </ul>	Movement Principles	Mat 1 Ref 1	Mat 2 Ref 2	Mat 3 Ref 3	<ul style="list-style-type: none"> <li>» Successful completion of Movement Principles, BB Mat modules or comparable program.</li> <li>» Successful completion of Reformer 1, 2 and 3 modules.</li> <li>» Completion of practice hours - 20 Mat personal sessions, 30 Reformer personal sessions, 45 observation hours, 125 student teaching hours.</li> <li>» Anatomy</li> <li>» <b>Total hours: 348</b></li> </ul>
<b>Comprehensive Instructor Training</b>	<ul style="list-style-type: none"> <li>» 20 Pilates studio sessions</li> <li>» 1 year work experience in related field recommended</li> <li>» Anatomy required prior to test out</li> </ul>	Movement Principles	Mat 1 Ref 1 App 1 or Trap	Mat 2 Ref 2 App 2 or Chair	Mat 3 Ref 3 App 3 or Barrels	<ul style="list-style-type: none"> <li>» Successful completion of Movement Principles, Mat, Reformer and Apparatus modules.</li> <li>» Completion of practice hours - 20 Mat personal sessions, 65 Reformer and Studio personal sessions, 65 observation hours, 220 student teaching hours.</li> <li>» Anatomy</li> <li>» <b>Total hours: 540</b></li> </ul>

Movement Principles required for all programs



# Balanced Body® Movement Principles

The Balanced Body Movement Principles form the foundation of Balanced Body Education. They include essential information on anatomy, assessment and kinesiology along with key exercises used in every movement discipline. Understanding how the body moves makes you a better instructor.

## MOVEMENT PRINCIPLES (16 HOURS)

### Prerequisite for all Pilates course work

The Movement Principles provides a solid foundation for training in any environment, with any equipment. You will come away with a complete tool box for effectively training clients to recover from injuries, improve their general fitness and enhance their performance.

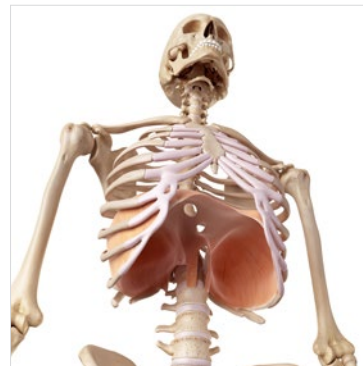
The movement principles course includes five sections:

- » Whole Body Movement
- » Trunk Integration
- » Lower Body Strength and Power
- » Upper Body Strength and Balance
- » Dynamic Flexibility, Rest and Relaxation.

The focus on practical understanding of common movement patterns prepares instructors to be excellent at problem solving, goal setting and learning new exercise techniques with ease.

## PROGRAM INCLUDES:

- » General discussion and overview of anatomy including bones and joints in specific relationship to movement.
- » Exercise instruction in foundational exercises which apply to any movement and fitness setting.
- » A detailed, full color manual with video support to enhance your learning experience.
- » Cueing, coaching and teaching tips.





## Balanced Body® Mat Instructor Training

Mat work is the foundation of the Pilates method. The Balanced Body Mat program includes the full repertoire of Pilates exercises, along with modifications and variations to make your program successful for a wide range of clients. By incorporating the Balanced Body movement principles, we give you the power to be a transformative teacher

### MAT 1 (16 HOURS)

#### **Introduction to Pilates & Beginning/Intermediate Exercises**

Prerequisites: Movement Principles, 10 Mat classes. 6 months experience teaching movement and anatomy recommended.

Mat 1 forms the foundation of the Pilates method. This course includes an introduction to the history and principles of the Pilates method and the beginning and intermediate level exercises. Each exercise includes training on modifications, challenges, the purpose of the exercise and any precautions for injuries and special populations. How to design and teach group classes and guidelines for teaching seniors and pre and post-natal classes are included.

### MAT 2 (16 HOURS)

#### **Intermediate/Advanced Exercises**

Prerequisite: Movement Principles and Mat 1

Mat 2 teaches the remaining intermediate and advanced level Mat exercises for a complete understanding of the Pilates Mat program. Lectures include progressive skill development to achieve the advanced exercises, programming for intermediate and advanced classes and creating successful Mat classes.

### MAT 3 - ENHANCED MAT AND PROPS (16 HOURS)

#### **Enhanced Mat + Props**

Prerequisite: Mat 1 and 2 or successful completion of comparable Pilates mat program.

CEC course: Take for continuing education credits or simply to add infinite variety to your current Mat programming. Students who have taken Mat training, either from Balanced Body or another provider are welcome.

Enhanced Pilates Mat completes the mat training by adding rings, rollers, bands and balls to the traditional Mat exercises. In addition, Enhanced Mat includes functional exercises for the upper and lower body expanding the Mat work beyond the core to develop whole body strength and flexibility. The Balanced Body Programming System is introduced to make class design easy, effective and fun. Adding props to a mat class makes them more dynamic, creative and accessible and clients love toys!

### MAT PROGRAM INCLUDES:

- » Instruction in the complete pre-Pilates and Balanced Body Mat exercises.
- » A detailed, full color manual with accompanying video support to enhance your learning experience.
- » Mat class design and delivery based on the Movement Principles and Balanced Body Programming System.
- » Development of cueing, coaching and teaching skills.
- » Safety information for teaching older adults, pre and post natal women, and clients with back, knee, neck and shoulder conditions.

### REQUIREMENTS FOR COMPLETION - MAT ONLY

**To become a fully qualified Balanced Body Mat Instructor, students must complete the following:**

- » Anatomy (strongly recommended)
- » Balanced Body Movement Principles (16 hours)
- » Balanced Body Mat 1 - Course work and module test (16 hours)
- » Balanced Body Mat 2 - Course work and module test (16 hours)
- » Balanced Body Mat 3 - Course work and module test (16 hours)
- » 20 Mat personal sessions, 15 observation hours and 35 student teaching hours
- » Final written and practical test.

Total hours for completion of Mat program: 134 hours.

Upon completion of all requirements, a certificate of completion as a Balanced Body Mat Instructor will be issued.



# Balanced Body® Reformer Instructor Training

The Reformer, developed by Joseph Pilates, is an extraordinarily flexible piece of exercise equipment. Learn how to use the Reformer and Pilates exercises to create powerful programming designed to optimize your clients potential.

## REFORMER 1 (16 HOURS)

### Introduction to the Reformer & Beginning Exercises

Prerequisites: Movement Principles and 20 Reformer classes. 1 year experience teaching movement. Anatomy required prior to testing out.

This course introduces the Universal Reformer, the center piece of the Pilates equipment studio and an invaluable training tool. Reformer 1 includes an introduction to safely using the Pilates Reformer for a wide variety of supine, seated and standing exercises for the beginning to intermediate student. Movement Principles include improving lower body alignment, creating balanced muscle development and learning a protocol for effectively training the upper body.

## REFORMER 2 (16 HOURS)

### Intermediate Exercises

Prerequisite: Reformer 1

Reformer 2 expands the potential of the Reformer with intermediate and advanced exercises and modifications along with programs designed for special populations including pre-and post-natal clients and clients with osteoporosis and lower back injuries. Class design, dynamic assessment and correcting common dysfunctional movement patterns are also included.

## REFORMER 3 (16 HOURS)

### Advanced Exercises & Programming

Prerequisite: Reformer 2

Reformer 3 is the pinnacle of the Reformer work and includes advanced and super advanced exercises to challenge clients to achieve their best. Progressive sequences designed to teach students advanced movement skills are included along with an introduction to the revolutionary Principle Based Programming System helping you to create successful classes for clients at any level.

### REFORMER PROGRAM INCLUDES:

- » Exercise instruction in the complete Reformer repertoire.
- » A detailed, full color manual with video support.
- » Successful class design and delivery based on the Movement Principles and Balanced Body Programming System.
- » Instruction in observing and analyzing posture and movement.
- » Development of cueing, coaching and teaching skills.
- » Guidelines for teaching older adults, pre and post-natal women, and clients with common orthopedic conditions.
- » Equipment safety and maintenance.

## REQUIREMENTS FOR COMPLETION - MAT & REFORMER

**To become a fully qualified Balanced Body Mat and Reformer Instructor, students must complete the following:**

- » Movement Principles (16 hours)
- » Balanced Body Mat 1 - Course work and test (16 hours)
- » Balanced Body Mat 2 - Course work and test (16 hours)
- » Balanced Body Mat 3 - Course work and test (16 hours)
- » Balanced Body Reformer 1 - Course work and test (16 hours)
- » Balanced Body Reformer 2 - Course work and test (16 hours)
- » Balanced Body Reformer 3 - Course work and test (16 hours)
- » Anatomy must be completed prior to testing
- » 20 Mat personal sessions, 30 Reformer personal sessions, 45 observation hours and 125 student teaching hours
- » Final written and practical test

Total hours for completion of Reformer program: 332 hours (not including anatomy).



## REQUIREMENTS FOR COMPLETION - REFORMER ONLY

**To become a fully qualified Balanced Body Reformer Instructor, students must complete the following:**

- » Movement Principles (16 hours)
- » Balanced Body Reformer 1 - Course work and test (16 hours)
- » Balanced Body Reformer 2 - Course work and test (16 hours)
- » Balanced Body Reformer 3 - Course work and test (16 hours)
- » Anatomy must be completed prior to testing
- » 30 Reformer personal sessions, 30 observation hours and 90 student teaching hours
- » Final written and practical test

Total hours for completion of Reformer program: 214 hours (not including anatomy).



# Balanced Body® Comprehensive Pilates Instructor Training

The Trapeze Table, Chair, Barrels and small equipment complete the Pilates exercise system. Each apparatus adds an extra dimension to private or group work. The course is delivered 2 different ways, as individual apparatus modules or combined as Mixed Apparatus modules. Choose which works best for you.

## INDIVIDUAL APPARATUS COURSES

Prerequisite: Movement Principles, Mat 1 and Reformer 1 or equivalent, 20 Pilates studio sessions.

1 year work experience in related field recommended.

### TRAPEZE TABLE/CADILLAC/TOWER (18 HOURS)

Provides a thorough introduction to Trapeze Table and Tower exercises as well as applications for beginning, post-rehabilitation and advanced clients. This training is appropriate for students working with the Allegro® or Allegro 2 Tower of Power®, Half Trapeze and Wall Tower as well as those working with full Trapeze Tables. Sequencing programs using multiple pieces of equipment are covered as well as equipment set up, safety and maintenance.

### PILATES CHAIR MODULE (14 HOURS)

The chair is great for doing strengthening work with athletic clients, and as an addition to group programming in combination with the Mat. Includes exercises and variations for the original Wunda chair, the EXO chair and the split pedal Combo Chair. This course includes exercises and programming for both personal training sessions and classes.

### PILATES BARRELS (6 HOURS)

Includes exercises and variations for the Step Barrel and Ladder Barrel, both are excellent tools for enhancing spinal mobility and core strength. The Ladder Barrel is most commonly used in a studio setting while the Step Barrel is a great addition to group classes.

### MIXED APPARATUS COURSE

Prerequisite: Movement Principles, Mat 1 and Reformer 1 or equivalent, 20 Pilates studio sessions.

1 year work experience in related field recommended.

### APPARATUS 1 (14 HOURS)

Apparatus 1 introduces the Trapeze Table, Chair and Barrels to provide a complete education on the Pilates system. Apparatus 1 includes beginning and intermediate level exercises on each piece of equipment along with safety, set up and their role in the Pilates studio environment. Each piece of equipment provides a unique training environment to create a well rounded experience for a client or class.

### APPARATUS 2 (12 HOURS)

Prerequisite: Apparatus 1

Apparatus 2 includes intermediate exercises on the Trapeze Table, Chair and Barrels as well as information on class design in the Pilates Studio environment. Information on working with special populations including lower back and shoulder problems included.

### APPARATUS 3 (12 HOURS)

Prerequisite: Apparatus 2

Apparatus 3 completes the comprehensive Pilates teacher training program with intermediate, advanced and super advanced exercises on the Trapeze Table, Chair and Barrels. The Balanced Body movement principle programming system is applied to the apparatus to create clear guidelines for class design.

### COMPREHENSIVE PROGRAM INCLUDES:

- » Exercise instruction on the complete Balanced Body Trapeze Table or Tower, Chair, Ladder Barrel, Step Barrel and small apparatus repertoire.
- » Detailed, full color manuals with accompanying video support to enhance your learning experience.
- » Successful class design and delivery based on the Movement Principles and Balanced Body Programming System.
- » Development of cueing, coaching and teaching skills.
- » Development of critical thinking and problem solving skills for common physical limitations and conditions.
- » Equipment safety and maintenance.

### REQUIREMENTS FOR COMPLETION - COMPREHENSIVE

To become a fully qualified Balanced Body Comprehensive Pilates Instructor, students must complete the following requirements:

- » Movement Principles (16 hours)
- » Balanced Body Mat instructor training coursework
- » Balanced Body Reformer instructor training coursework
- » Balanced Body Trapeze Table/Cadillac (or Tower) coursework (18 hrs)
- » Balanced Body Chair coursework (14 hours)
- » Balanced Body Barrels coursework (6 hours)

### OR

- » Apparatus 1 (14 hours), Apparatus 2 (12 hours) and Apparatus 3 (12 hours) course work and module tests
- » Anatomy must be completed prior to testing out
- » 20 Mat personal sessions, 65 Reformer and Studio personal sessions, 65 Observation sessions, 220 student teaching hours
- » Final written and practical test

Total hours for completion: 520 hours (not including anatomy)

# Pilates Instructor Training Hours

## PERSONAL SESSIONS

Students can count any classes or Pilates personal training sessions they have already taken. Developing and committing to a personal Pilates practice is an essential part of becoming an effective and inspiring instructor.

## OBSERVATION HOURS

Observation hours include watching experienced instructors teach group class or private sessions in person, on line or watching the Instructor training videos. Observation is a great way to understand verbal and manual cueing, program sequencing and to hone your teaching skills.

## STUDENT TEACHING HOURS

Teaching hours include any Pilates teaching either as an employee at a fitness center or studio or for family and friends.



# Completing the Balanced Body Pilates Instructor Training Program

To become a fully qualified Balanced Body Pilates Instructor (Mat, Reformer and Comprehensive) you must complete all required coursework, hours and pass a written and practical exam to demonstrate your teaching abilities.

Exams are regularly scheduled at Balanced Body Authorized Training Centers and at trade shows and conferences in different parts of the world. If you are not able to test out due to geographical challenges, testing out by video may be arranged. Students do not need to test out individually for Mat, Reformer and Apparatus. Students only need to test out when they have reached the highest level they intend to complete. For example, students completing only the Mat will test out after Mat coursework and hours, students completing Mat and Reformer will test out after Mat and Reformer coursework and hours, and students finishing the Comprehensive program will test out after they have completed all of the coursework and hour requirements.

Once you have completed all hours and are ready to test out, fill out and send the test out application available at [pilates.com](http://pilates.com) to the Balanced Body office. Balanced Body reviews your records, approves a test out and sends specific details to you.

The final test consists of a written exam and the observation of a session with a client or class. Once a student has completed all of the requirements s ready for the test out they must first submit a test out application which is available at [www.pilates.com](http://www.pilates.com). Application must be sent to and approved by the Balanced Body education office. Balanced Body will verify the coursework and hours and once approved, will provide students with test outs available in their area.

## THE PRACTICAL EXAM

During the exam your teaching skills will be evaluated in the following areas:

- » Correct set-up and execution of the exercises
- » Client safety
- » Appropriate sequencing
- » Appropriateness of the exercises to the client or class
- » Understanding and application of the principles
- » Cueing and the ability to communicate with your client or class

If students do not pass on the first try, Balanced Body will discuss what they need to focus on in order to pass and set up a time line for completion.

## THE WRITTEN EXAM

The written exam is a combination of multiple choice, short answer questions and an essay. The written exam covers exercise progressions, programming, appropriateness, organization, equipment setup & maintenance, special population & safety protocols.

## FINAL TEST FEES

All published prices for Balanced Body courses include the course fee only. There may be a cost associated with personal sessions and any costs associated with completing observation and student teaching hours are not included in the cost of the training program and are the responsibility of the student. Successful completion of the program does not guarantee employment.

## Upon completion of all requirements

- » A certificate of completion as a Balanced Body Mat, Mat and Reformer, Reformer or comprehensive Pilates Instructor will be issued.
- » You will be listed on the Balanced Body website as a qualified Balanced Body Pilates Instructor

## PILATES METHOD ALLIANCE CERTIFICATION EXAM

Our curriculum meets national guidelines and is designed to prepare you for the Pilates Method Alliance (PMA) certification exam, which can be taken upon completion of the full program.

## CONTINUING EDUCATION REQUIREMENTS

16 hours of continuing education every 2 years are required to maintain your listing on our website as a Balanced Body Pilates instructor. Listing on our website provides exposure to a variety of sources including potential students, clients or employers. Continuing education credits can be earned through workshops from Balanced Body or any of our affiliated educators or approved continuing education providers.

## NOT BALANCED BODY? ASK ABOUT OUR BRIDGE PROGRAM

If you would like to be a Balanced Body Pilates instructor but have completed some or all of your training through another Pilates educator, you may be eligible for the Balanced Body Bridge program. For an application and more information, please visit [pilates.com](http://pilates.com) or contact us at (800) PILATES. (800-745-2837).

Balanced Body reserves the right to change requirements at any time.



# Anatomy in Three Dimensions™

Build muscles in clay on Balanced Body's own specially designed skeleton, and imprint the body's design deeply into your mind and body.

## ANATOMY IN THREE DIMENSIONS (16 HOURS)

**There is no better way to learn anatomy!**

Build the body from the inside out with Anatomy in Three Dimensions™. Learn the structure and function of bones, joints, muscles, tendons and ligaments as well as the origin, insertion and action of the major muscles of movement by building them yourself on the Anatomy + Movement skeleton. Learn how muscles move by experiencing each muscle group in action and relating these exercises to functional movement. This course covers the body from the knees through the shoulders. The lower leg and arm are covered in additional courses.

Introductory and advanced level courses are offered around the world at Anatomy in Three Dimension Authorized Training Centers, studios and conferences including Pilates on Tour.

Visit the Education Finder® at Pilates.com for a listing of current classes in the US and around the world or contact us to bring a class to your facility.

## THE ANATOMY + MOVEMENT SKELETON

Balanced Body is pleased to introduce the Anatomy + Movement skeleton. This scale model is based on actual bones to be as accurate as possible. The skeleton is used in our Anatomy in Three Dimensions course and is also available for sale.

## PROGRAM INCLUDES:

- » A detailed, full color manual with video support to enhance your learning experience
- » Innovative experiences designed to connect the anatomy to movement.

## ANATOMY IN THREE DIMENSIONS WORKSHOPS

Anatomy in Three Dimensions is also offered as continuing education workshops and in conjunction with our Movement Principles and advanced courses.

- » Anatomy in Three Dimensions™: The Core
- » Anatomy in Three Dimensions™: The Shoulder
- » Anatomy in Three Dimensions™: The Pelvis, Hip and Thigh



- » Anatomy in Three Dimensions™: The Lower Leg, Ankle and Foot
- » Anatomy in Three Dimensions™: The Upper Limb

## CONTINUING EDUCATION CREDITS OFFERED BY:

- » Pilates Method Alliance (PMA)
- » American Council on Exercise (ACE)
- » National Academy of Sports Medicine (NASM)
- » Aerobic and Fitness Association of America (AFAA)





## Balanced Body Barre® Instructor Training

Balanced Body Barre® is a dynamic, safe and effective Barre workout based on Balanced Body Movement Principles. Barre classes provide a fun, functional, music driven workout shown to improve strength, balance and posture. Barre is a perfect compliment to Pilates training and a great addition to a group exercise program.

### BALANCED BODY BARRE® FUNDAMENTALS (8 HOURS)

Prerequisite: Experience teaching group exercise to music.

Balanced Body Barre combines the high energy, music driven fun of a Barre class with the precision, alignment and emphasis on high quality movement found in Pilates. The Fundamentals course focuses on learning the full repertoire of Barre exercises and how to put them together using the Balanced Body Programming system to design and deliver successful and effective Barre classes.

- » Using music to provide motivation, excitement and joy.
- » Teaching cueing for smooth transitions, proper alignment, and inspiration.
- » Teaching instructors how to apply the Balanced Body Movement Principles to create classes that are effective and fun while still being safe.
- » Using inspirational, passionate teaching to keep classes full and clients coming back for more.

### BECOMING A FULLY QUALIFIED BALANCED BODY BARRE INSTRUCTOR

### BALANCED BODY BARRE® COMPREHENSIVE (16 HOURS)

Prerequisite: A passion for teaching, and a desire to learn

The Comprehensive instructor training is the ideal compliment to a Pilates or personal training practice adding energy, new clientele and functional fitness training to a studio, fitness center or clinic. The Balanced Body Barre Comprehensive program provides instructors with everything they need to teach a variety of 30 - 60 minute classes. The Comprehensive course introduces the Balanced Body Movement Principles and delves deeper into the art of teaching groups and the how-tos of teaching to music. Teaching drills which include cueing, correcting movement and critical thinking. The Comprehensive program prepares you to teach confidently by the end of the weekend.

- » Complete course (Fundamentals or Comprehensive)
- » Personal practice hours
  - 30 hours personal practice (Fundamentals)
  - 20 hours personal practice (Comprehensive)
- » Student Teaching Hours
  - 30 hours student teaching - (Fundamentals)
  - 28 hours student teaching - (Comprehensive)
- » Final practical exam

### CONTINUING EDUCATION CREDITS OFFERED BY:

- » Pilates Method Alliance (PMA)
- » American Council on Exercise (ACE)
- » National Academy of Sports Medicine (NASM)
- » Aerobic and Fitness Association of America (AFAA)

### COURSE INCLUDES

- » Exercise instruction in the fundamental Barre exercises.
- » A detailed, full color manual with video support.
- » Successful class design and delivery based on the Movement Principles and Balanced Body Programming System.

Visit the Education Finder® at [Pilates.com](http://Pilates.com) for a listing of current classes, or contact us to bring a class to your facility.



# Bodhi Suspension System® Instructor Training

## Awaken your true potential with the Bodhi Suspension System®

Balanced Body brings the precision and movement principles of Pilates to suspension training with the Bodhi Suspension System™. Leaning into the ropes takes the body out of alignment with gravity causing the core stability muscles to fire and developing integrated, whole body strength and flexibility. Bodhi's four points of suspension maximize strength training and enhance proprioception while providing endless opportunities for creativity.

### BODHI SUSPENSION SYSTEM® FUNDAMENTALS (8 HOURS)

During this one day course, learn and practice primary Bodhi exercises in each position and discover how easy it is to design and deliver dynamic classes using the Balanced Body Programming System.

You will quickly see why we feel the Bodhi Suspension System is the ideal compliment to a Pilates or personal training practice, Bodhi adds standing, balance and stability elements to re-ignite your studio and excite your clients.

### BODHI SUSPENSION SYSTEM® COMPREHENSIVE (16 HOURS)

This two day course delves deeper into suspension training and how it changes the body. You will not only learn and practice Bodhi exercises in each position, but you will teach, explore and learn how to successfully cue clients of all abilities to maximize the strengths of the Bodhi system.

You will also discover how easy it is to design and deliver dynamic classes using our Balanced Body Programming System to help you understand the purpose of each exercise, common regressions and progressions and how to modify for clients at any level of ability.

### FUNDAMENTALS AND COMPREHENSIVE COURSES INCLUDE:

- » Exercise instruction in the fundamental Bodhi exercises.
- » Detailed manual, DVD and ongoing video support.

- » Introduction to the Balanced Body Movement Principles to strengthen your teaching.
- » The Balanced Body Programming System to help you design and deliver successful and effective classes.
- » Progressions, regressions and modifications to make suspension training useful for everyone.
- » Sample classes to get you teaching right away.
- » Equipment safety and maintenance.

### BECOMING A FULLY QUALIFIED BALANCED BODY BODHI INSTRUCTOR

- » Complete course (Fundamentals or Comprehensive)
- » Personal practice hours
  - 30 hours personal practice (Fundamentals)
  - 20 hours personal practice (Comprehensive)
- » Student Teaching Hours
  - 30 hours student teaching - (Fundamentals)
  - 28 hours student teaching - (Comprehensive)
- » Final practical exam

### FIND A COURSE NEAR YOU

Visit the Education Finder® at [pilates.com](http://pilates.com) for a listing of current classes or contact us to bring a class to your studio, fitness club or clinic.

### CONTINUING EDUCATION CREDITS OFFERED BY:

- » Pilates Method Alliance (PMA)
- » American Council on Exercise (ACE)
- » National Academy of Sports Medicine (NASM)
- » Aerobic and Fitness Association of America (AFAA)







# MOTR® Instructor Training

Combining core training, aerobic conditioning, functional strength and balance, MOTR® revs up your classes and brings clients to a new level of fitness.

The MOTR contains a complete personal training system in a portable, affordable package. Combining the core training of Pilates, the strength and power of aerobic conditioning, the functional exercises of a pulley system and the balance and release exercises of a foam roller, MOTR gives you everything you need to teach classes, small group or one on one training. MOTR is the ideal compliment to a Pilates, personal training or rehabilitation practice enhancing balance, aerobic capacity, strength and flexibility while performing fun, functional exercises clients respond to and enjoy.

## MOTR® FUNDAMENTALS (8 HOURS)

The Fundamental MOTR course includes instruction on the basic movements in each exercise category as well as an introduction to the Balanced Body Programming System for easy class design to help you teach dynamic 30 - 60 minute classes.

You will quickly see how the MOTR fits into any Pilates or personal training practice. The rounded surface of the MOTR adds balance and stability elements to many exercises which creates a fun, functional training tool in a small footprint.

## MOTR® COMPREHENSIVE (16 HOURS)

The comprehensive MOTR instructor training provides instructors with everything needed to teach a variety of formats from small group personal training to circuit training to private sessions. You will learn and practice MOTR exercises in all positions, and will have the opportunity to practice teaching and cueing.

You will also discover how easy it is to design and deliver dynamic classes using the Balanced Body Movement Principles are designed to help you understand the purpose of each exercise, common regressions and progressions and how to modify exercises for clients at any level of ability.

## FUNDAMENTALS AND COMPREHENSIVE COURSE INCLUDE:

- » Exercise instruction in the fundamental MOTR exercise categories.
- » Detailed manual, DVD and ongoing video support.
- » Introduction to the Balanced Body Movement Principles to strengthen your teaching.

- » The Balanced Body Programming System to help you design and deliver successful and effective classes.
- » Progressions, regressions and modifications to make suspension training useful for everyone.
- » Sample classes to get you teaching right away.
- » Equipment safety and maintenance.

## BECOMING A FULLY QUALIFIED BALANCED BODY MOTR INSTRUCTOR

- » Complete course (Fundamentals or Comprehensive)
- » Personal practice hours
  - 30 hours personal practice (Fundamentals)
  - 20 hours personal practice (Comprehensive)
- » Student Teaching Hours
  - 30 hours student teaching - (Fundamentals)
  - 28 hours student teaching - (Comprehensive)
- » Final practical exam

## FIND A COURSE NEAR YOU

Courses are offered at Balanced Body MOTR Authorized Training Centers, studios and conferences including Pilates on Tour. Visit the Education Finder® at [pilates.com](http://pilates.com) for a listing of current classes or contact us to bring a class to your studio, fitness club or clinic.

## CONTINUING EDUCATION CREDITS OFFERED BY:

- » Pilates Method Alliance (PMA)
- » American Council on Exercise (ACE)
- » National Academy of Sports Medicine (NASM)
- » Aerobic and Fitness Association of America (AFAA)



## CoreAlign® Instructor Training

The CoreAlign® system from Balanced Body® stimulates core stability muscles to fire in perfect timing while performing challenging exercises, stretches and core controlled aerobic training. Give your clients a unique exercise experience that improves gait, posture, balance and functional movement. Clients at all fitness levels will feel the difference.

### COREALIGN® TRAINING

Balanced Body offers CoreAlign training for individuals with a strong background in movement, such as accredited Pilates instructors, personal trainers, movement teachers and physical therapists. Developed by Jonathan Hoffman, a physical therapist, the method is used for musculoskeletal rehabilitation, performance enhancement and as a regular sport for a healthy lifestyle.

#### COREALIGN® 1: FOUNDATIONS (16 HOURS)

The CoreAlign provides a superior environment for training gait, balance, core stability and sport specific movements in a flexible and dynamic environment. CoreAlign 1: Foundations, is the heart of the CoreAlign training program. The course includes the theoretical basis of the CoreAlign method along with essential exercises to illustrate the full potential of the CoreAlign. The course includes:

- » 60+ foundation exercises designed to build functional movement skills applicable to daily life and athletic pursuits.
- » Exercises in standing, plank, all fours and supine positions.
- » Specific exercise Tracks to focus on Trunk Integration, Upper Body Strength and Balance, Lower Body Strength and Power, Gait and Dynamic Flexibility.
- » Progressions and regressions to address clients at different levels of ability.
- » Specific modifications and precautions for working with clients with injuries and special populations.
- » The Balanced Body Movement Principles to make your training more efficient, effective and safe.
- » CoreAlign equipment set up, maintenance and safety.

#### COREALIGN® 2: PROGRESSIONS (16 HOURS)

CoreAlign 2: Progressions, builds on the foundation of CoreAlign 1 with progressions of the key exercises learned in CoreAlign 1 and additional exercise categories, training options and teaching techniques. CoreAlign 2 includes:

- » Progressions of plank and standing exercises to address a range of training goals from core stabilization to creating integrated rotation for throwing sports.
- » Training options using rotator discs, variable directions of resistance and moments of suspension.
- » Exercises to challenge balance, coordination and complex movement patterns to prepare clients for anything life throws their way.

CoreAlign 2 provides an excellent platform for improving functional movement patterns for clients at any level of ability from physical therapy patients to professional athletes.

Most courses are approved for CEC's from Pilates Method Alliance (PMA), American Council on Exercise (ACE), National Academy of Sports Medicine (NASM) and Aerobic and Fitness Association of America (AFAA)

# Balanced Body Continuing Education

In addition to our Pilates instructor training program, Balanced Body offers exceptional continuing education opportunities with conferences & mentorships:

## PILATES ON TOUR®

Around the world, Pilates on Tour® conferences set the standard for high quality continuing education. Past Pilates on Tour instructors include Pilates Elders Mary Bowen, Ron Fletcher, Kathy Grant and Lolita San Miguel, as well as over 50 master teachers from every part of the Pilates universe.

Small classes, excellent instructors and plenty of equipment give you the opportunity to really absorb what you learn. Whether you are looking for new exercises, great group programming, improving your teaching skills or tips on growing your business, Pilates on Tour® will inspire you to mastery.

Treat yourself to the warmest, friendliest Pilates conferences in the country and enjoy a weekend of learning, networking and fun.

Come see what everyone is talking about!

## PASSING THE TORCH™ EXCLUSIVE PILATES MENTORSHIP

Passing the Torch is designed for experienced Pilates teachers who long for a deepening of their work through in-depth study with a Master Teacher. Balanced Body has partnered with the "best of the best" Pilates teachers to offer this exciting opportunity.

This unique program is set up as one-, two- or three-week intensives with the Master Teacher of your choice. Each teacher's program reflects their specific interests and passions. Students choose the mentor they want to work with from our outstanding group of inspirational teachers.

This is an unprecedented opportunity to take your teaching to the next level.

Visit [pilates.com](http://pilates.com) for more information.



## Why Should You Attend Pilates on Tour®?

The most prestigious continuing education conference for mind body professionals.

- » Intimate classes and plenty of equipment to play with.
- » The best instructors and the brightest students.
- » That's Pilates on Tour.

Invest in you and your clients. These classes and workshops will enrich and deepen your practice while enhancing your clients' experience. Early registration discounts apply to most events.

Learn more at [pilates.com/pilatesontour](http://pilates.com/pilatesontour)



# Ready to hold a Balanced Body® training course at your studio or fitness center?

On-Site Training from Balanced Body® makes it easy. Just tell us what courses interest you. Together we select a date for your training, then schedule an instructor.

Our flexible training program is designed to meet the needs of today's Pilates and fitness professionals. Courses are modular and progressive, allowing you to start with training and continue your education as it works for you.

## Balanced Body® On-Site Training

Module	Minimum Students	Classroom Hours
Mat 1	6	16
Mat 2	6	16
Mat 3	6	16
Reformer 1	6	16
Reformer 2	6	16
Reformer 3	6	16
Trapeze	6	18
Tower	6	18
Chair	6	14
Barrels	6	6
The Trapeze, Chair and Barrels are also offered together as a three-module class		
Apparatus 1	6	14
Apparatus 2	6	12
Apparatus 3	6	12
AI3D	6	16
Balanced Body Barre Fundamentals and Comprehensive	6	8 / 16
Bodhi Suspension System® Fundamentals and Comprehensive	6	8 / 16
CoreAlign® 1: Foundations	6	16
CoreAlign® 2: Progressions	6	16
MOTR® Fundamentals and Comprehensive	6	8 / 16

For current pricing for all programs, contact Balanced Body by calling 1-800-PILATES.

## FEES

Each of our modules has a straightforward, all inclusive price per student in the continental US. For international trainings, we work with you to find the best solution.

You can either pay for the course in advance, or have your students pay us directly using our online registration system. At Balanced Body there are no hidden fees or extra expenses.

## REQUIREMENTS

### Mat 1 and 2 Modules:

Facilities must have one mat for every student enrolled.

### Mat 3 Module:

Facilities must have one mat, a 6" x 36" foam roller, a small stability ball, a Pilates ring and a resistance band for every student enrolled.

### Reformer Modules:

Facilities must have one Reformer, one sitting box and one footstrap for every two students enrolled. At least one padded foot plate ("jump board") is required for Reformer 2.

### Tower Modules:

Facilities must have one Reformer equipped with a tower, one sitting box and one footstrap for every two students enrolled.

### Trapeze/Chair/Barrel Modules:

Facilities must have one Trapeze Table, Chair or Barrel for every two to three students enrolled. An alternative is to offer the Trapeze Table, Chair and Barrels as a three-module series. In this case, the facility must have one Trapeze Table, Chair and Barrel for every four to six students enrolled.

### Anatomy in Three Dimensions™:

Facilities must have specific equipment for this course, please contact Balanced Body for more information.

### Balanced Body Barre®:

Facilities must have 2 ft of installed or portable barres per person.

### Bodhi Suspension System®:

Facilities must have one pair of ropes for every two students.

### CoreAlign® Modules:

Facilities must have one CoreAlign and ladder for every 2 students.

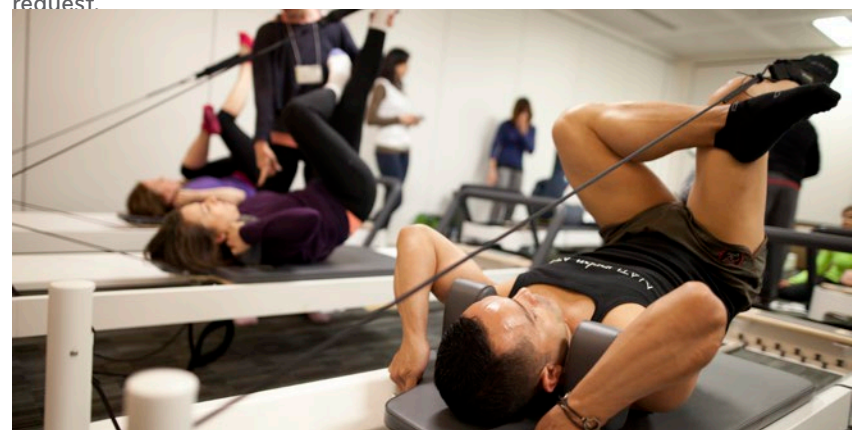
### MOTR®:

Facilities must have one MOTR for every student.

Equipment provided by the On-Site training location must be clean and in good working order. Cost of equipment is not included in course fees.

If additional equipment is needed, call 1-800-PILATES or visit Balanced Body's online store at [pilates.com](http://pilates.com), for the highest quality, most affordable Pilates equipment on the market.

Ready to get started? Call 1-800-PILATES or submit an online request.







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