



The Magic of the Mat

training outline (48.5 hours)

TRAINING 1 - 2.5 Hours

- Zoom Training - program overview, what to expect, Pilates history and assigned reading.

TRAINING 2 - 12 Hours

- In person/Studio - anatomy and Must Do Foundation Exercises and practical teaching on these exercises.

PRACTICAL TEST & WRITTEN TEST - 2 Hours

TRAINING 3 - 4 Hours

- Zoom or In person - review and practice teaching Foundation Exercises.

TRAINING 4 - 12 Hours

- In person/Studio - review Must Do Exercises at Core Level and learn Core Connection Exercises (Intermediate Exercises) and practical teaching on these exercises.

PRACTICAL TEST & WRITTEN TEST - 2 Hours

TRAINING 5 - 2 Hours

- Zoom or In person - review Core Connection Exercises.

TRAINING 6 - 6 Hours

- In person/Studio - Contrology Club (Advanced Exercises).

TRAINING 7 - 4 Hours

- Zoom or In person - business practices, anatomy review and common movement or special cases.

FINAL PRACTICAL TEST & WRITTEN TEST - 2 Hours