

Immersive 4 Week Training Program: Mat + Reformer



Visit Master Instructor Saria's instagram page at [sb.pilates](https://www.instagram.com/sb.pilates)

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Basic Information

Sunset Pilates Bali offers a comprehensive 4 week Mat + Reformer Pilates Teacher Training program. This is a unique opportunity for students to immerse themselves in a quality educational experience while experiencing the iconic natural beauty and rich culture that Bali has to offer. The program is taught by Master Instructor Saria Bartholomew.

Program space is limited and will be filled on a first come, first serve basis.

Program Details

This program is intended for those who wish to teach professionally*. Students will learn how to proficiently execute the exercises in their own bodies, as well as the skills needed to instruct others in the Pilates method. They will learn basic anatomy and movement principles, safety, cueing, class planning, and more. Upon the completion of the required hours and the final exam, students will receive a “certificate of course completion.” After the completion of in-class hours, there will be a four month online follow up with each student to track progress and provide mentorship. Students are encouraged to maintain contact with Master Instructor Saria for continued guidance.

For those interested in NPCP certification (formerly known as PMA certification), eligibility requirements are available [here](#). Please note, the NPCP exam asks questions about apparatuses not covered in the 4 week program, such as the Trapeze Table (Cadillac), Ladder Barrel, Wunda Chair, and Spine Corrector. Students will be ready to sit for the exam when they have been fully trained in ALL of these apparatuses and meet all other eligibility requirements.

Those interested in comprehensive training on the additional apparatuses (Trapeze Table, Ladder Barrel, Wunda Chair, and Spine Corrector), should let Saria know. Additional training will be offered based on demand.

Please also note, the Magic Circle and Jump Board will be covered in this course. They are more props than apparatuses.

**Although this is intended to be a professional program, it is also offered to those who wish to deepen their personal practice and learn more about a hobby they love*

Program Objectives

1. Functional understanding of anatomy and biomechanics as they apply to the Pilates method
2. An understanding of the core Pilates concepts, principles, philosophy, and history
3. Classical repertoire: exercise names, order, and number of reps
4. An understanding of the exercise benefits
5. Proficient execution of the Pilates exercises
6. Class planning for both private and group settings
7. Learn how to create contemporary exercises based off of the Pilates principles
8. Equipment safety, setup, and maintenance
9. Professional standards and ethics
10. Client intake and assessment
11. Effective cueing
12. Modifications
13. Prop integration
14. Common contraindications and special populations (pregnancy, common injuries/conditions, etc.)
15. Building a career in teaching
16. Studio etiquette

In-Class Time: What to Expect

Pilates demands precision, in both movement and instruction, and teaching skills must be well developed in order to teach the method to its true intention. This intensive, immersive learning experience is designed to help students develop the skills necessary to teach in a way that honours this intention.

During the in-class portion of the program, there will be lectures, practice teaching, and self-practice. The main focus of in-class time is to learn how to perform and teach the exercises under the guidance of the Master Instructor.

The exercises will be discussed at great length to develop a deep understanding of the challenges and goals associated with each. The various options for modifications and progressions will also be explored. Review and repetition will be an important component to training to ensure that the information is well absorbed.

Other topics like - client intake and assessment, cueing, modifications, integrating props, exercise deconstruction and progressions, safety, designing a class plan, etc. - will also be covered in great detail throughout the course to help students become effective and dynamic teachers.

Program Schedule

- Week One Foundations + Anatomy - 6-8 in-class hours per day, 6 days per week
- Week Two Mat - 6-8 in-class hours per day, 6 days per week
- Weeks Three and Four Reformer - 6-8 in-class hours per day, 6 days per week

Classes will be held 6 days per week, starting at 1:15 PM. We will spend the weekends at Berawa (we can start in the mornings on Sunday) and the remaining four days at Legian. We will likely have Fridays off, but that is flexible based on student majority preference.

Program Tuition and Fees

Program Type	Tuition	Test Out Fee	Text Books
1) Mat + Reformer	\$3500 USD	\$200 USD	\$40-50 USD (these can be purchased online)

Program Requirements

	In-Class Hours	Practice Teaching Hours	Observation Hours	Self Practice Hours	Total Hours
1) Foundations + Anatomy	40	NA	NA	NA	40
3) Mat	44	40	40	40	164
2) Reformer	92	70	70	80	312

Fulfilling Program Requirements

In addition to in-class hours, practical hours outside of class are required:

Practice Teaching

- Apprentice students can begin fulfilling practice teaching hours after the completion of in-class hours
- Reformer and Mat practice teaching can be completed at Sunset Pilates Bali or at other Pilates studios with permission. Equipment rental fees will apply at Sunset Pilates for private clients (150K IDR per client, per hour)
- Sunset Pilates Bali will offer “Apprentice Sessions” to current and new clients at the Legian location in the afternoons/evenings after the regular class schedule. Apprentices have the option to participate in teaching these sessions to fulfill their required teaching hours. Apprentices will not be paid to teach these classes
- Recommended: 2-5 hours per week

Observation

- Observe live classes and private sessions in-studio at Sunset Pilates Bali or other Pilates studios with permission
- Online through Pilates Anytime and other online resources
- Recommended: 2-5 hours per week

Self Practice

- At Sunset Pilates Bali or other Pilates studios. Equipment rental fees (125K IDR per hour) will apply at Sunset Pilates starting one month after in-class training (first month after training is free)
- At home practice
- Recommended: 2-5 hours per week

Studio Resources

Sunset Pilates Bali will offer the following resources to help apprentice students with their practical hours:

- For **Practice Teaching** hours - apprentices can bring private clients to Sunset Pilates Bali for practice teaching outside of regular studio hours. 150K IDR rental fee per hour, per client
- **“Apprentice Sessions”** for **Practice Teaching** hours - as mentioned above, Sunset Pilates Bali will offer “Apprentice Sessions” at the Legian location in the afternoons after the regular class schedule. Apprentices have the option to participate in teaching these sessions to fulfill their teaching hours. Apprentices will not be paid to teach these classes. Availability RE these teaching hours is based on client demand
- For in class **Observation** hours - observe live classes and private sessions (w/instructor permission) at Sunset Pilates Bali for free
- For **Self Practice** hours, use of Sunset Pilates Bali equipment is 125K IDR per hour outside of regular studio hours. There will be no rental fees during the one month of in-class training, and for one month after in-class training

Apprentice students will be informed of the studio’s schedule and will be expected to maintain studio etiquette when they are in the space.

Required Texts/Supplies

- 1) [Functional Anatomy of the Pilates Core by Evan Ossar and Marylee Bussard](#)
- 2) [Pilates 3rd Edition by Rael Isacowitz](#)
 - Both texts are available in hard copy and electronically. The electronic versions are recommended if shipping fees are high and delivery estimates are long
- 3) A laptop/tablet will be necessary for in-class hours. Most of the course materials will be distributed electronically

Recommended texts (not required)

[My Pelvic Flaw by Mary O’Dwyer](#)

[The Anatomy Coloring Book \(4th Edition\) by Wynn Kapit and Lawrence M. Elson](#)

[Anatomy Trains by Thomas W. Myers](#)

[Pilates Anatomy by Rael Isacowitz](#)

Final Exam

Students will be ready for the final exam when they are done with all of their required hours. Test out date/time will be arranged between student and instructor. Test out can be completed in-person or over Zoom.

Movement Proficiency Exam: students will perform advanced level Mat (30min) AND Reformer (30min) repertoire. The Master Instructor will pick the exercises. Appropriate modifications are encouraged.

Teaching Exam: students will teach a Mat/Reformer Pilates session (60min total). They will “design” the class. Students should consider the unique needs and goals of their client(s) and will be required to explain their plan to progress their client(s) over the next few months.