

Immersive 4 Week Training Program:

Functional Anatomy
Foundational Movements
Comprehensive Classical and Contemporary Mat
Comprehensive Classical and Contemporary 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 532 hour, 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 learn the skills needed to instruct others in the Pilates method. They will learn functional 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.” Students are encouraged to maintain contact with Master Instructor Saria for continued mentorship and guidance.

For those interested in NPCP certification (formerly known as PMA certification), eligibility requirements are available [here](#).

Please note, the NPCP offers separate [Comprehensive](#) and [Mat](#) certification exams. The Comprehensive 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 Comprehensive 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.

**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. Contemporary variations
5. An understanding of the exercise benefits
6. Proficient execution of the Pilates exercises
7. Class planning for both private and group settings
8. Professional standards and ethics
9. Client intake and assessment
10. Effective cueing
11. Modifications, variations, and progressions
12. Prop integration
13. Common contraindications and special populations (pre and post-partum, seniors, common injuries/conditions, etc.)
14. Building a career in teaching
15. 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, integrating props, 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, 5-6 days per week
- Weeks Three and Four Reformer - 6-8 in-class hours per day, 5-6 days per week

Classes will be held 5-6 days per week, starting 1 PM. We will meet at the Sunset Pilates Bali Legian location. We will likely have Saturdays off, but that is somewhat flexible.

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	48	NA	NA	NA	48
3) Mat	48	40	40	40	168
2) Reformer	96	70	70	80	316

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 may offer limited “Apprentice Sessions”. 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
- Observe online classes through Pilates Anytime and other resources
- Recommended: 2-5 hours per week

Self Practice

- Self practice hours can be completed 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)
- Self practice can be completed at home
- Recommended: 2-5 hours per week

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 practical 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).