

Immersive 4 Week Training Program

Functional Anatomy and Foundational Movements
Beginner to Advanced Classical and Contemporary Mat
Beginner to Advanced 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 524 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 to 12 and is filled on a first come, first serve basis. The course is taught in English.

Program Details

This training program is largely intended for students who have a desire to teach professionally, but those who are curious to learn more about the Pilates method and deepen their personal practice are welcome to join. 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. This is a Contemporary training program, but students will gain significant exposure to the Classical method.

Students will study topics such as functional anatomy and foundational movements, cueing (verbal, tactile, demonstration), class planning, how to work with common injuries and conditions, and more. Upon completion of the required practical hours (p4) and the final exam (p5), students will receive a course certificate that will enable them to teach internationally.

Students are encouraged to maintain contact with Master Instructor Saria for continued mentorship and guidance after the program. Mentorship packages can be discussed on a case by case basis.

For those interested in further certification, NPCP requirements* are listed [here](#). Students must pass the training course in order to be eligible to sit for the NPCP exam. Please note, the Pilates industry is not internationally regulated, therefore NPCP certification is not required to teach, but is an option for those who wish to pursue it. The program's course certificate is sufficient to teach on an international level. This is a private training program, not a commercial program, meaning the certificate will be issued by Master Instructor Saria Bartholomew through Sunset Pilates Bali.

**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 + Small Arcs, and Wunda Chair. Students will be eligible to sit for the Comprehensive exam when they have been fully trained in ALL of these apparatuses and meet all other requirements*

Program Objectives

1. Pilates principles, philosophy, and history
2. Functional anatomy and foundational movements as they apply to the Pilates method
3. Classical repertoire: exercise names, order, number of repetitions, and purpose
4. Contemporary variations of the Classical exercises
5. Exercise benefits
6. Proficient execution of the Pilates exercises
7. Class planning for private and group classes
8. Teaching to multi-level group classes
9. Effective cueing (verbal, tactile, demonstration)
10. Professional scope of practice and code of ethics
11. Client intake and postural assessment
12. Exercise modifications, variations, deconstructions, and progressions
13. Prop integration
14. Common injuries and conditions and special populations (pre and post-partum, geriatric, athletic)
15. Building a teaching career in a modern and ever-evolving Pilates industry
16. Studio etiquette
17. Equipment parts and basic maintenance

In-Class Time: What to Expect

Pilates requires precision, in both movement and instruction, thus teaching skills must be well developed in order to teach the method to its original intent. This intensive, immersive learning experience is designed to help students develop quality teaching skills that honour this intent.

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 and analyzed at great length in order to help students develop a deep understanding of the purpose of each exercise and the common challenges and compensations associated with each. Review and repetition will be an important component of 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.

Basic Program Schedule

1. Week One Functional Anatomy and Foundational Movements: 7-8 in-class hours per day, 6 days total
2. Week Two Mat: 6-7 in-class hours per day, 5 days total
3. Weeks Three and Four Reformer: 6-8 in-class hours per day, 10 days total
4. Second and Fourth Saturdays: there are 2 optional review sessions from 1pm to 4pm

On the first day of the course, class will meet from 9am to 5pm. Every other day, class will start at 1pm. Class meets at the Sunset Pilates Bali [Legian location](#).

Program Tuition and Fees

Program Type	Tuition	Final Exam Fee	Text Books
Functional Anatomy and Foundational Movements, Mat + Reformer	\$3500 USD	\$200 USD	\$40-50 USD (these can be purchased online electronically or in hardback)

1. A deposit of \$875 USD is required to reserve a spot in the course
2. The remaining tuition balance of \$2625 USD is required to be paid in full by the first day of the course
3. Payment plans are considered upon request
4. The \$200 USD final exam fee can be paid with tuition or at the time of the final exam

Program Requirements: Practical Hours

	In-Class Hours	Practice Teaching Hours	Observation Hours	Self Practice Hours	Total Hours
Functional Anatomy + Foundational Movements	43	20	20	20	103
Mat	38	30	30	30	128
Reformer	73	70	70	80	293

1. Students must complete all of the required practical hours BEFORE they are eligible to take the final exam
2. Practical hours are to be completed AFTER the completion of the 4 weeks. The purpose of these hours is apply the information/skills learned during the course to a practical setting as well as to prepare students for the final exam
3. The program's Master Instructor will not ask for proof of the required practical hours. She trusts that students will honour the requirements
4. As part of the Mat self practice requirements, students are required to film themselves executing and verbally cueing the Classical Mat series in order from start to finish, with organized transitions. Appropriate modifications and deconstructions are encouraged if the student is unable to execute an exercise to its "ideal" or "complete/most advanced" form. This video should be submitted to Master Instructor Saria

Fulfilling Program Requirements

Practical hours must be completed BEFORE the final exam can be taken. The course certificate is awarded AFTER the final exam is passed. The practical hours can be completed in Bali or in your home country:

1. Practice Teaching

- Practice teaching hours can be completed at Sunset Pilates Bali, at other Pilates studios (with permission, rental fees may apply), or on home equipment
- Equipment rental fees will apply at Sunset Pilates for private clients (150K IDR per client, per hour)
- Recommended: 5 hours per week for completion in 6 months

2. Observation

- Students can observe live classes and private sessions in-studio at Sunset Pilates Bali or at other Pilates studios with permission
- Observation hours can also be completed by watching pre-recorded classes via Pilates Anytime and other approved online resources
- Recommended: 5 hours per week for completion in 6 months

3. Self Practice

- Self practice hours can be completed at Sunset Pilates Bali, at other Pilates studios (with permission, fees may apply), or on home equipment
- Equipment rental fees (125K IDR per hour) will apply at Sunset Pilates starting one month after in-class training. The first month after training is free
- Recommended: 5 hours per week for completion in 6 months

Students will be informed of the studio's schedule by studio staff and will be expected to maintain studio etiquette while 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](#)
 - o Both texts are available in hard copy and electronically. 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 via Google Docs, Slides, and Sheets

Recommended texts (not required)

[Fundamentals of Biomechanics 3rd Edition](#) by Duane Knudson

[Return to Life Through Contrology](#) by Joseph Pilates

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

[Pilates Anatomy](#) by Rael Isacowitz

[My Pelvic Flaw](#) by Mary O'Dwyer

Final Exam

Students will be ready for the final exam AFTER they have completed all of the required practical hours. Test out date/time will be decided by the student and Master Instructor Saria. The final exam can be completed in-person or via Zoom.

ALL of the topics covered during the course are fair game for the final exam. The instructor will evaluate teaching and movement proficiency, focusing on the following qualities and competencies:

1. Effectiveness of cues
2. Exercise choices
3. Interaction with client(s)
4. Safety
5. Purpose of exercises and common compensations associated with exercises
6. Ability to deconstruct, modify, and progress exercises appropriately

The exam has two main parts:

1. **Teaching Exam:** students will teach a Mat/Reformer Pilates session (50min total) to a client or client(s) of their choice. They will “design” the class and choose the exercises. Students should consider the unique needs and goals of their client(s) and will be required to explain their plan to progress the client(s). After the session, Saria will make comments and ask the student to explain their choices.
2. **Movement Proficiency Exam:** students will perform + verbally cue Mat and/or Reformer repertoire. Saria will pick the exercises from the exercise lists. Appropriate

modifications/variatioins/deconstructions are encouraged if the student is unable to execute the exercise in its "ideal" or "complete/most advanced" form. Students are expected to explain their choices and the main goal of the exercise. If asked, they will also be required to explain how to deconstruct, modify, or progress the exercises based on specific scenarios or client conditions.