

4 Week Immersive Pilates Teacher Training Program

Functional Anatomy and Foundational Movements
Beginner to Advanced Mat
Beginner to Advanced Reformer



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

Document Key

Basic Information P1
Program Details P1
Program Objectives P2
NPCP Competency Alignment P2
Scope of Practice P3
In-Class Time: What to Expect P3
Basic Program Schedule P3
Program Tuition and Fees P4
Program Requirements P4
Fulfilling Program Requirements: Practical Hours P5
Required Texts/Supplies P5
Final Exam P6

Basic Information

Sunset Pilates Bali offers a comprehensive 518 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. The program is delivered through Sunset Pilates Bali and may be offered in other approved training locations.

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, teaching strategies and class planning, how to work with common injuries and conditions, as well as regressions, progressions, and modifications. This program aims to give students the tools they will need to become effective instructors.

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.

Graduates receive a comprehensive teacher training certificate documenting successful completion of a 518-hour professional education program in Mat and Reformer Pilates instruction.

The program curriculum aligns with the professional competency domains recognized by the National Pilates Certification Program (NPCP), the industry's only third-party accredited certification.

Third-party accreditation is provided by the NPCP. Graduates who complete all required hours and pass the course examination are eligible to sit for NPCP examination.

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

Program Objectives

1. Demonstrate understanding of Pilates principles, philosophy, and history
2. Apply functional anatomy concepts to movement analysis and instruction
3. Identify and perform Classical Pilates repertoire with correct order, purpose, and repetition ranges
4. Instruct contemporary variations of Classical exercises safely and effectively
5. Explain the purpose and benefits of Pilates exercises
6. Demonstrate proficient execution of exercises in their own bodies
7. Design structured lesson plans for private and group sessions
8. Teach mixed-level classes using appropriate modifications
9. Apply effective verbal, tactile, and demonstration cueing strategies
10. Practice within professional scope of practice and ethical guidelines
11. Conduct basic client intake and movement assessment
12. Modify exercises using regressions and progressions
13. Integrate props appropriately into instruction
14. Adapt exercises for common injuries, conditions, and special populations
15. Apply professional practices relevant to building a teaching career
16. Demonstrate proper studio etiquette and equipment handling
17. Identify equipment parts and perform basic maintenance procedures

NPCP Competency Alignment

The curriculum reflects current international industry standards for professional Pilates teacher training. This program prepares students in the following core competency areas aligned with the NPCP examination domains:

- Applied Functional Anatomy and Biomechanics
- Motor Control and Movement Science
- Pilates Repertoire (Mat and Reformer)
- Program Design and Class Planning
- Special Populations and Safety Considerations
- Professional Ethics and Scope of Practice

Scope of Practice

This program prepares students to teach Pilates as movement education. Graduates do not diagnose, treat, or rehabilitate medical conditions and are expected to refer clients to licensed healthcare providers when appropriate.

In-Class Time: What to Expect

Pilates requires precision, in both movement and instruction, thus teaching skills must be well developed. This intensive, immersive learning experience is designed to help students develop quality teaching skills.

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 associated with each. Review and repetition will be an important component of training to ensure that the information is well absorbed.

Professional ethics, client communication, and studio best practices are integrated throughout the program.

Basic Program Schedule

1. Week One Functional Anatomy and Foundational Movements: 7-8 in-class hours per day, Sunday - Friday (6 days total)
2. Week Two Mat: 7 in-class hours per day, Monday - Friday (5 days total)
3. Weeks Three and Four Reformer: 7 in-class hours per day, Monday - Friday (10 days total)
4. Last Day: there is an optional review session 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	68 million IDR	2 million IDR	500K IDR (these can be purchased online electronically or in hardback)

1. A deposit of 17.75 million IDR is required to reserve a spot in the course
2. The remaining tuition balance of 50.25 million IDR is required to be paid in full by the first day of the course
3. The 2 million IDR 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
Anatomy + Foundations	43	20	20	20	103
Mat	35	30	30	30	125
Reformer	70	70	70	80	290
Total Hours	148	120	120	130	518

1. Students must complete all of the required practical hours BEFORE they are eligible to take the final exam
2. Practical hours are completed AFTER the completion of the 4 weeks. The purpose of these hours is to apply the information/skills learned during the course to a practical setting as well as to prepare students for the final exam
3. Students are required to maintain a detailed log of all practical hours, including dates, duration, activity type, and location. Logs must be submitted prior to final exam eligibility. Logs may be reviewed and verified at the discretion of the program instructor
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. This video should be submitted to Master Instructor Saria for assessment**

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. Practical hours may be completed at approved training locations or in the student's local area:

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. 50% of observation hours should be live, in-person
- 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](#)
 - 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

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.

The final examination assesses competency in applied anatomy, repertoire knowledge, program design, cueing, safety, and professional conduct.

ALL of the topics covered during the course are fair game for the final exam. Applied theoretical knowledge is assessed verbally through scenario-based questioning during the examination.

Students must demonstrate safe, competent, and professional performance in both exam components.

If competency is not demonstrated, students may retake the examination after additional preparation. Students will be required to pay the final exam fee again.

Assessment decisions are based on professional competency standards established by the NPCP.

The exam has two main parts:

- 1. Teaching Proficiency Exam:** Teach a 50 min session to a client or small group. Students must demonstrate the ability to apply program structure and repertoire.

This portion of the exam can be taken online via Zoom, in-person, or it can be pre-recorded and sent to the Master Instructor for assessment.

Evaluation criteria include:

- Clear and accurate exercise instruction
 - Appropriate use of verbal and demonstration cueing
 - Safe exercise selection and progression
 - Ability to modify exercises based on client needs
 - Professional communication and teaching presence
 - Logical class structure and flow
- 2. Movement Proficiency Exam:** Demonstrate selected exercises from the Pilates repertoire. Exercises will be randomly chosen.

Appropriate modifications are encouraged. Students will be expected to verbally cue as they perform the movement. If asked, they will also be required to explain how to approach teaching the exercise in specific scenarios.

Evaluation criteria include:

- Correct execution of exercise technique
- Appropriate body control and coordination
- Ability to demonstrate modifications when needed
- Accurate verbal cueing while performing movements