



2023 TEACHER TRAINING PROGRAMS

We offer three Programs: Intensive Mat, Intensive Reformer, and Comprehensive Pilates.

Apparatus courses may be purchased à la carte or in full for the Comprehensive Program.

Each apparatus course includes beginner to advanced Pilates repertoire and Programming for Special Populations.

Anatomy for Movement is a prerequisite for all Programs.

Anatomy for Movement

Tuition & e-Manual **\$499** (15 lecture hours)

Payable and viewable online @ <https://online.naturalpilatestv.com/products/anatomy-for-movement>
Viewing of course and completion of Assessment due prior to the first day of apparatus lecture.

Intensive Mat

	Fees	Dates
Registration Fee	\$100	Jan. 17 - 20 @ 12:30-6pm
Tuition	\$1,600	Jan. 23 - 26 @ 12:30-6pm
Student-Teaching Labs	\$220	(40 lecture hours)
Mentorship Hours	\$150	
Materials Fee	\$75	
	\$2,145	

Intensive Reformer

	Fees	Dates
Registration Fee	\$100	Feb. 13 - 17 @ 12:30-6:30pm
Tuition	\$2,800	Feb. 20 - 24 @ 12:30-6:30pm
Student-Teaching Labs	\$825	March 3 - 4 @ 12:30-6pm
Mentorship Hours	\$375	(70 lecture hours)
Materials Fee	\$75	
	\$4,175	

Intensive Cadillac & Tower

	Fees	Dates
Registration Fee	\$100	March 5 - 10 @ 12:30-6pm
Tuition	\$1,200	(30 lecture hours)
Student-Teaching Labs	\$550	
Materials Fee	\$50	
	\$1,900	

Intensive Chair & Barrels

	Fees	Dates
Registration Fee	\$100	March 12 - 17 @ 12:30-6pm
Tuition	\$1,200	(30 lecture hours)
Student-Teaching Labs	\$330	
Materials Fee	\$50	
	\$1,680	

Comprehensive Program

(pricing includes all apparatus courses; see course dates above)

Registration Fee	\$100
Tuition	\$6,800
Student-Teaching Labs	\$1,925
Mentorship Hours	\$375
Materials Fee	\$250
	\$9,450

Please note:

- > *Observation, Self-Practice, and Practice-Teaching Hours are included in the cost of Tuition.*
- > *Group classes, private sessions and Practical Exam Fees are additional. Students receive a discounted rate for group classes (\$300 for a package of 10). Practical Exam Fees are to be paid on the day of the exam: \$100 for Mat, \$200 for Reformer, and \$300 for Comprehensive.*
- > *Schedule for Mentorship Hours TBC.*
- > *Mat Students are given 4 months from the last day of the course to obtain their self-study hours and take their Written and Practical Exams.*
- > *Reformer and Comprehensive Students are given 6 months from the last day of their apparatus course to obtain their self-study hours and take their Written and Practical Exams.*

Self-Study Hours & Requirements for Teacher Training Programs

Mat Program

- 20 hours** of observation
(10 hours must be live or live-virtual)
- 16 hours** of self practice
- 12 hours** of group classes or private sessions
(with a Qualified Teacher Trainer)
- 12 hours** of practice-teaching
- 3 hours** of assisted student-teaching
- 1 hour** of observed, unassisted student-teaching
- 2 hours** of mentorship
- 1-hour** Written Exam*
- 1-hour** Practical Exam*

** Exams should be taken no later than May 26, 2023.*

Reformer Program

- 60 hours** of observation
(40 hours must be live or live-virtual)
- 60 hours** of self practice
- 40 hours** of group classes or private sessions
(with a Qualified Teacher Trainer)
- 40 hours** of practice-teaching
- 10 hours** of assisted student-teaching
- 5 hours** of observed, unassisted student-teaching
- 5 hours** of mentorship
- 2-hour** Written Exam*
- 2-hour** Practical Exam*

** Exams should be taken no later than September 4, 2023.*

Comprehensive Program

- 110 hours** of observation
(80 hours must be live or live-virtual)
- 75 hours** of self practice
- 50 hours** of group classes or private sessions
(with a Qualified Teacher Trainer)
- 50 hours** of practice-teaching
- 20 hours** of assisted student-teaching
- 15 hours** of observed, unassisted student-teaching
- 5 hours** of mentorship
- 3-hour** Written Exam*
- 3-hour** Practical Exam*

** Exams should be taken no later than September 17, 2023.*