

Natural Pilates' Teacher Training Program Course Catalog

Introduction:

Natural Pilates currently has three studio locations in the Los Angeles area: Beverly Hills, Brentwood and West Hollywood. Owner, Director and Master Trainer, **Laura Wilson**, opened the flagship Beverly Hills studio in 2007 with almost immediate success. Natural Pilates is known for both its high-caliber instruction and celebrity clientele. Because of the studio's success and the demand for more instructors trained in our unique method, Laura developed the curriculum for the Natural Pilates Teacher Training Program in 2016.

Mission & Goals:

Our objective is to prepare our graduates to deliver the highest and most professional standard of Pilates training to their clients. We focus not only on teaching the *Pilates repertoire*, but also on developing a deeper understanding of the body's musculature and biomechanics, in order to effectively program individualized sessions based on clients' specific anatomy, movement patterns and personal goals.

Natural Pilates aims to expand the understanding of the *Pilates Method* from the basis of muscular participation and joint function and the internal/external forces acting within and on the body. We also intend to develop more continuing education programs - both for our graduates and for Pilates instructors in the US and abroad - by enhancing our online portal of on-demand content (naturalpilatestv.com) with comprehensive distance-learning programs of our educational offerings.

Our Teacher Training Program

The inspiration for and basis of **Natural Pilates' Comprehensive Teacher Training Program** is the human body. From the perspective of anatomy, muscular function and joint motion, we teach our students the Pilates repertoire and how it can be adapted for clients' individual bodies, needs and goals. Our program is **450 hours** and is divided into two parts: **Intensive and Advanced**.

INTENSIVE TRAINING

ADVANCED TRAINING

Intensive Training

Our *Intensive Training* covers the traditional choreography and basic principles created by *Joseph Pilates*, but we use the human anatomy as the point of departure, and we group exercises into series based on muscular function and joint motion. This approach means that we do not always follow Pilates' prescribed exercise order, spring tension or number of repetitions. Instead, we focus on observing the body in front of us and designing a workout that best serves that particular body



Through the lens of anatomy and an understanding of the various forces acting both within and on the body, students learn not only the *Pilates repertoire*, but also gain the knowledge of how to adjust that choreography to truly tailor workouts to meet the individual needs and goals of their clients. We also go over the concepts of mobility, stability, flexibility and balance. For every exercise, we discuss the joints involved and the muscular participation based on external forces that act on the body. Students will learn how to modify each exercise for everybody (and "every body"), from beginner to advanced. The basic *Pilates principles* of control, awareness and breathing will also be demonstrated in every exercise so that our students (and their future clients) can deepen the mind-body connection.

Our *Intensive Program* also aims to help students understand how to assess clients both passively and actively, and then to create an appropriate program based on these assessments. We discuss the importance of individual client progression and consider the threshold of muscle fatigue and adjusting the resistance profile as ways to decrease or increase the difficulty level to best suit this progression. Another hallmark of *Natural Pilates' approach* to teacher training is our focus on hands-on cueing. Appropriate tactile cues will be discussed for every exercise, but sensitivity to touch will be respected.

Our Intensive Training Program is a combination of lecture, self-study, and supervised practice-teaching and physical review. It is 405 hours and consists of five modules:

405
hours



1. Anatomy for Movement
2. Intensive Mat
3. Intensive Reformer
4. Intensive Cadillac & Tower
5. Intensive Chair & Barrels



Advanced Training



Our **Advanced Training Program** focuses on deepening the understanding of joint mechanics, muscle function and how we can challenge the body through more awareness and modifying basic choreography. The curriculum is split into anatomical categories - **Lower Body, Upper Body and Trunk & Spine** - which gives us the opportunity to explore these areas and the corresponding concepts of tightness/weakness, strength/flexibly and muscle contractile abilities.

We prepare our students to understand and observe bone structures and their restrictions. We consider joint mechanics, as well as the forces on each joint in different postures, sports and activities. In this way, we hope to teach our students to train in a less subjective manner. A key difference of our approach is that we do not follow a designed program of exercises that need to look the same for everyone, as no two people are alike nor have the same alignment. Instead, we aim to teach from the perspective of the understanding of the body, individual client progression, and the threshold of muscle fatigue and/or resistance. From this basis, we impart to our students the knowledge of how to teach and modify the Pilates repertoire based on the needs, goals and body of each individual client. This understanding provides the necessary framework to help us train special populations, which are also covered in this module.

Our Advanced Training is 50% lecture and 50% practical.
It is a 45-hour course consisting of three modules:

45
hours {
1. Lower Body
2. Upper Body
3. Trunk & Spine



Intensive Training Modules:

Anatomy for movement

This module serves as the introduction to our Intensive Teacher Training Program. Prior to learning the Pilates repertoire, it is crucial to develop a deeper understanding of the human body. Although it is a pre-requisite for all our apparatus training, this course is also perfect for anyone preparing to take their Pilates exam or other Personal Training or Group Fitness exams, as well as for those who want a deeper knowledge of how the body works. Our Anatomy for Movement course will help students fully understand the principles of applied kinesiology and anatomy.

Content:

- ✓ The skeletal system and importance of bony landmarks
- ✓ Range of motion of the body's major joints in the lower and upper extremities and the torso
- ✓ Which muscles are involved in various ranges of motion at specific joints
- ✓ Muscular function and how muscles contract
- ✓ The connective tissue that keeps everything together: tendons, ligaments, and superficial and deep fascia
- ✓ Breathing and the muscles of respiration

COURSE HOURS

This online course consists of a video link and downloadable manual that students will receive 2-3 weeks prior to the start date of their first apparatus module.

Cost: { \$249.99



Intensive Training Modules:

Intensive Mat

Our Mat Program is an 8-day course that will provide students with the solid foundation and skills needed to understand the simple motions that occur at each joint, as well as the repertoire necessary to design a program that will fit individual needs.

Content:

We will present the extensive choreography designed by Joseph Pilates, as well as modifications and props (such as ankle/free weights, the Fitness Circle, stability balls, and strength bands), which can either add assistance or increase the difficulty of an exercise.

105
COURSE
HOURS

40 hours of comprehensive in-person training
15 hours of observation
30 hours of physical participation
20 hours of practice teaching



Cost: { **\$1,500***
\$100 Registration fee (non-refundable)
\$50 Materials Fee (non-refundable)

* Early Bird Discount of \$200 for students who pay in full, one month prior to course start date. Payment plans available upon request. Physical participation hours and exam fees are not included in the cost of tuition.

Prerequisites: *Anatomy For Movement*





Intensive Training Modules: Intensive Reformer

This program will teach you how to design Reformer workouts for both group classes and private sessions for a range of clients from beginner to advanced. The Reformer allows us to truly

customize the experience for our clients, whether they are professional athletes or recovering from an injury or surgery.

Content:

- ✓ Traditional choreography designed by Joseph Pilates
- ✓ Understanding and breaking down the exercises with a focus on joint motion, muscular participation and the forces that are involved (internal and external)
- ✓ Exploration of the concepts of mobility/stability, strength/flexibility, balance, control and awareness
- ✓ How to develop programs for private sessions and group classes
- ✓ Effective communication, visual skills, verbal cueing, imagery for performance enhancement, and client motivation
- ✓ Effective hands-on cueing to help your clients tune into their bodies
- ✓ Modifications for specific body types, postural issues, injuries and other conditions
- ✓ Ethical behavior to be a successful Pilates instructor

135
COURSE
HOURS

55 hours of comprehensive in-person training
20 hours of observation
40 hours of physical participation
20 hours of practice teaching

Cost: { **\$1,900***
\$100 Registration fee (non-refundable)
\$50 Materials Fee (non-refundable)

* Early Bird Discount of \$200 for students who pay in full, one month prior to course start date. Payment plans available upon request. Physical participation hours and exam fees are not included in the cost of tuition.

Prerequisites: *Anatomy For Movement, Intensive Mat*



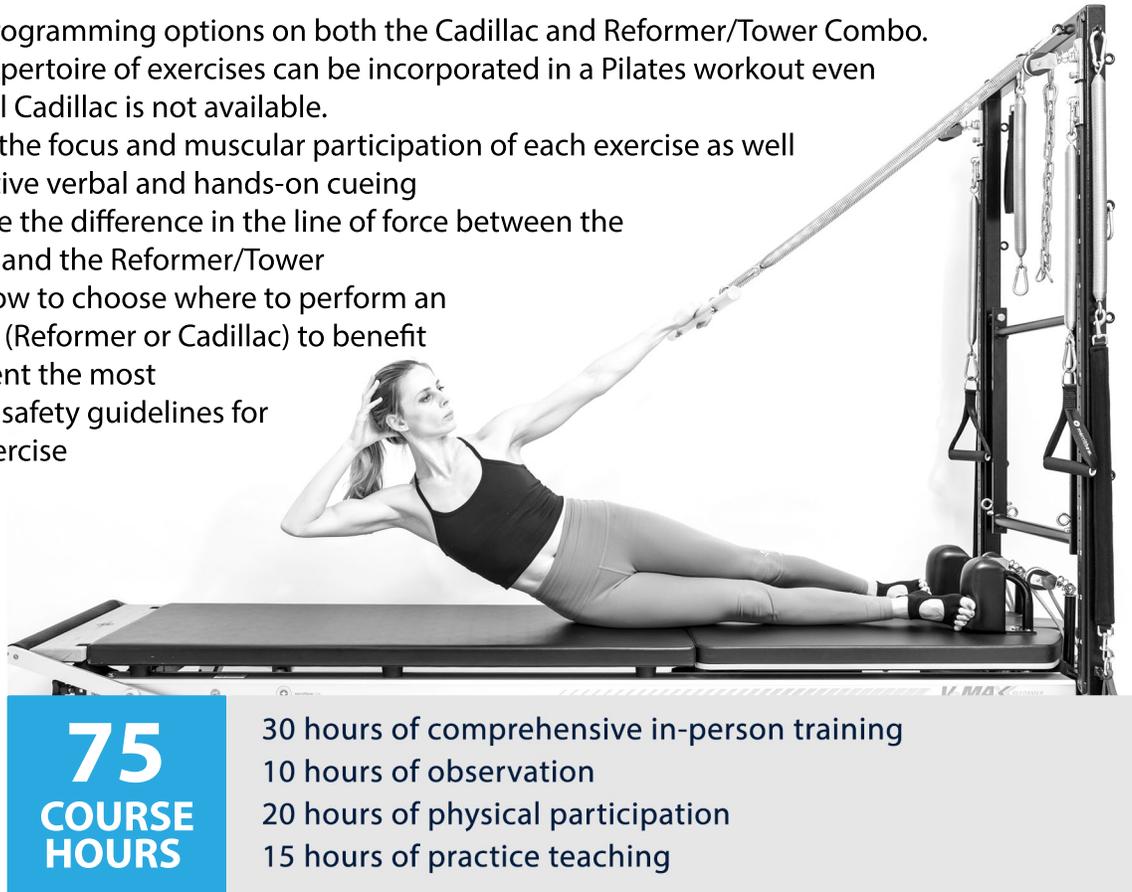
Intensive Training Modules:

Intensive Cadillac (TOWER)

Our Cadillac Program is a 6-day course that teaches the traditional Pilates Tower repertoire from beginner to advanced, as well as modifications for Reformer-Tower hybrid machines, such as the Merrithew V2-Max.

Content:

- ✓ Learn programming options on both the Cadillac and Reformer/Tower Combo. A rich repertoire of exercises can be incorporated in a Pilates workout even if the full Cadillac is not available.
- ✓ Explore the focus and muscular participation of each exercise as well as effective verbal and hands-on cueing
- ✓ Compare the difference in the line of force between the Cadillac and the Reformer/Tower
- ✓ Learn how to choose where to perform an exercise (Reformer or Cadillac) to benefit your client the most
- ✓ Go over safety guidelines for each exercise



75
COURSE
HOURS

30 hours of comprehensive in-person training
10 hours of observation
20 hours of physical participation
15 hours of practice teaching

Cost: { **\$1,200***
\$100 Registration fee (non-refundable)
\$50 Materials Fee (non-refundable)

* Early Bird Discount of \$200 for students who pay in full, one month prior to course start date. Payment plans available upon request. Physical participation hours and exam fees are not included in the cost of tuition.

Prerequisites: *Anatomy For Movement, Intensive Mat
Intensive Reformer*



Intensive Training Modules:

Intensive Chair & Barrels

Our Chair & Barrels program builds on the exercises and basic principles learned in the Mat, Reformer and Cadillac modules. It will prepare students to design a balanced workout using all available Pilates apparatus for any fitness level, from beginner to advanced.

Content:

This 6-day course includes a variety of exercises performed on the Chair and Barrels (Ladder Barrel, Spine Corrector and Arc Barrel). This repertoire can be used both to create unique programming options or to offer simpler versions of certain exercises based on your client's needs and goals.

75
COURSE
HOURS

30 hours of comprehensive in-person training
10 hours of observation
20 hours of physical participation
15 hours of practice teaching



Cost: { **\$1,200***
\$100 Registration fee (non-refundable)
\$50 Materials Fee (non-refundable)

* Early Bird Discount of \$200 for students who pay in full, one month prior to course start date. Payment plans available upon request. Physical participation hours and exam fees are not included in the cost of tuition.

Prerequisites: *Anatomy For Movement, Intensive Mat, Intensive Reformer, Intensive Cadillac/Tower*



Advanced Training Modules

Natural Pilates Advanced Training modules are not just for students of our Intensive Training. Certified Pilates instructors, physical therapists, personal trainers, and anyone teaching group or private fitness will benefit from this 45-hour course.

Content:

This 9-day course aims to connect the dots between anatomy and exercise with the goal of learning how to better program for specific populations, injuries and pathologies. How can fitness professionals challenge their strong/ advanced clients? How can we modify an exercise to make it accessible to an injured client? By looking at the anatomy of both a specific human body and a specific exercise, we can determine which exercises (or muscular recruitments) are most beneficial to a client. For example, will a squat look the same for everyone? Is it a good exercise for every body? Our Advanced course teaches us that one size does not fit all, and the more we can tailor exercises and workouts to our clients' bodies, needs, and goals, the more they will progress, and the better trainers we will become.

45
COURSE
HOURS

15 per module

Prerequisites: Pilates apparatus training or personal training certification

Our Advanced Training is 50% lecture and 50% practical.
It is a 45-hour course consisting of three modules:

LOWER BODY

UPPER BODY

TRUNK & SPINE



Advanced Training Modules:

Advanced Lower Body

This module deals with the advanced understanding of the lower body, including the hip, knee and ankle joints and their interactions. We will review the structure of the lower body and the mechanics of movement that occur at each joint.

Content:

- ✓ Review and deep dive into the muscles of the lower body and develop an understanding of the function and motions involved (note: we will not review the intrinsic muscles of the feet)
- ✓ Learn about compensatory patterns that can occur in the upper body as a result of poor biomechanics in the lower body
- ✓ Check range of motion as an assessment of the lower body
- ✓ Create positional isometrics for strengthening
- ✓ Based on limitations during assessment, figure out potential muscles that need to be strengthened and review exercises from the Pilates repertoire that could be used (or possible create new exercises or modifications to help certain pathologies)



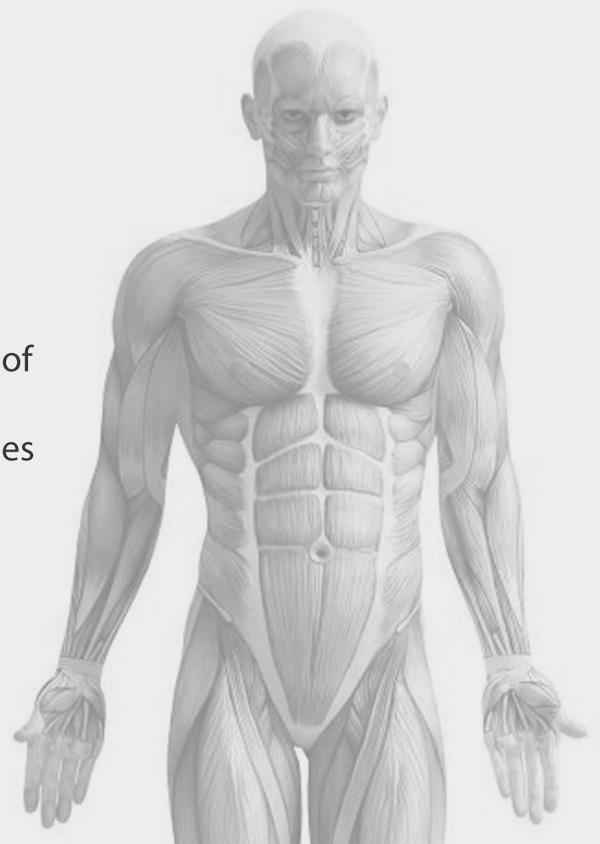
Cost: { **\$749**
\$100 Registration fee (non-refundable)
\$50 Materials Fee (non-refundable)



Advanced Training Modules: Advanced Upper Body

This module covers the structure and mechanics of the elbow and shoulder (both the glenohumeral and acromioclavicular joints). Structure determines function. Based on the structure of the shoulder joint, we will discuss its function.

Cost: { **\$749**
\$100 Registration fee (non-refundable)
\$50 Materials Fee (non-refundable)



Content:

- ✓ Review all musculature around the shoulder joint and elbow
- ✓ Look at potential compensations in the shoulder joint based on limitations that can come from the lower extremities or trunk, as well as spinal wear and tear
- ✓ Review all scapular motions and perform range of motion tests available at that joint and any potential limitations
- ✓ Based on testing, learn to create a sequence of isometric contractions that will potentially help with strengthening the musculature around the shoulder joint, thereby creating better mechanics
- ✓ Based on muscle function and the position of resistance, we will determine the musculature that is participating in each specific exercise
- ✓ Discussion of potential dysfunctions and surgeries
- ✓ Discussion of best course of action for clients who have completed physical therapy and desire more strength

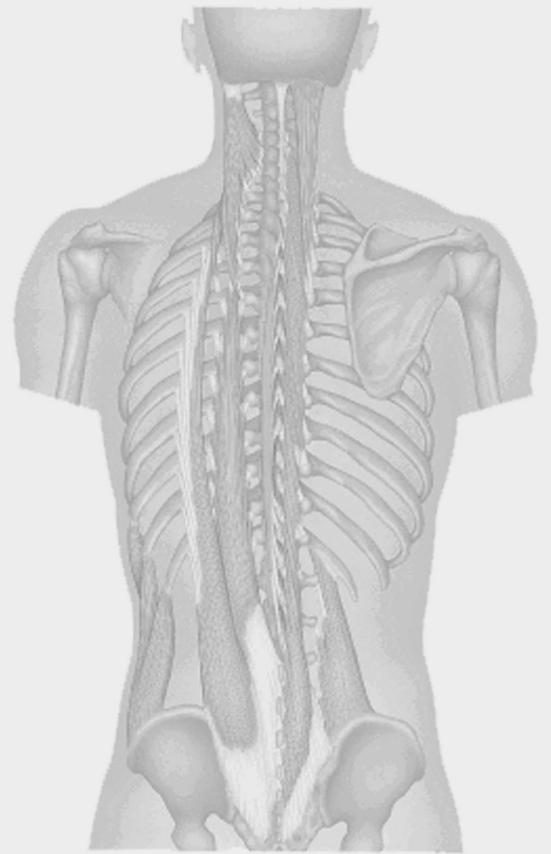


Advanced Training Modules:

Advanced Trunk & Spine

This module reviews the structure and mechanics of different levels of the spine. It's not just about teaching the Pilates choreography – it's important to really understand the spine's ability to move in specific directions.

Cost: { **\$749**
\$100 Registration fee (non-refundable)
\$50 Materials Fee (non-refundable)



Content:

- ✓ Review of the range of motion of the cervical, thoracic and lumbar spine
- ✓ Discuss how lower body mechanics affect the trunk and spine, and vice-versa
- ✓ Look at integration of the movement of all joints once the foot hits the ground
- ✓ Review muscle fibers direction at different levels of the spine and determine the range of motion they produce
- ✓ Learn positional isometrics to strengthen the positions of potential weakness
- ✓ How do we create different exercises to strengthen specific muscles using Pilates repertoire and personal training
- ✓ Discussion of spine dysfunctions and the correct protocol for fitness professionals to add to patient's recovery program



Natural Pilates' Comprehensive Teacher Training Pilates Program is 450 hours. Students have six months from the last day of their last completed module to obtain the required self-study hours and take their Final Exam. Each module is comprised of varying hours of lecture and self-study hours. The breakdown is as follows:

Intensive:

	Lecture	Observation	Physical Participation	Practice Teaching	Total
Anatomy for Movement	15				15
Intensive Mat	40	15	30	20	105
Intensive Reformer	55	20	40	20	135
Intensive Cadillac/Tower	30	10	20	15	75
Intensive Chair & Barrels	30	10	20	15	75
Total:	170	65	110	70	405

Advanced:

Advanced Lower Body	15				15
Advanced Upper Body	15				15
Advanced Trunk & Spine	15				15
Total:					45

Grand Total:	450
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Observation and Physical Participation hours may be completed in one of two ways:
(a) In-person at any *Natural Pilates* location (in group classes or private sessions), or
(b) online either in *Livestream Classes* or on-demand at naturalpilatestv.com. For students completing their hours online, proper equipment must be available for the apparatus modules.

Practice Teaching hours may be completed with fellow students, family members or friends as long as proper equipment is available (Mat, props, etc.). If students do not have equipment at home, they may practice with other students at any of our studio locations. Logs of all non-lecture hours must be kept by the student and submitted on exam day.

Graduation requirements are as follows:

- Tuition must be paid in full
- 100% attendance of lectures is required
- All self-study hours must be completed
- Students must receive an 80% or higher on their exam



Upon successful completion of the Program, the student will receive a **Certificate of Completion**. **Natural Pilates Teacher Training Program** does not state or imply that employment, occupational advancement, and/or certification are guaranteed upon completion of the program.

Costs:

Sample Cost Breakdown for Intensive Training*:

	Anatomy (online)	Mat	Reformer	Cadillac	Chair & Barrels	Total
Registration (non-refundable)	n/a	\$100	\$100	\$100	\$100	\$400
Tuition	\$249.99	\$1,500	\$1,900	\$1,200	\$1,200	\$6,049.99
Materials (non-refundable)	n/a	\$50	\$50	\$50	\$50	\$200
	\$249.99	\$1,650	\$2,050	\$1,350	\$1,350	\$6,649.99

Sample Cost Breakdown for Advanced Training*:

	Lower Body	Upper Body	Trunk & Spine	Total
Registration (non-refundable)	\$100	\$100	\$100	\$300
Tuition	\$749	\$749	\$749	\$2,247
Materials (non-refundable)	\$50	\$50	\$50	\$150
	\$899	\$899	\$899	\$2,697

* These estimates are based on purchasing modules à la carte with no Early Bird Discount. Students wishing to enroll in the full Intensive Training (5 modules), full Advanced Training (3 modules), or the Comprehensive Program (8 modules) will only be charged one registration fee.

Costs included in tuition:

1. Observations hours

Students may observe group classes at any of our three studio locations, as long as they get permission from the Instructor beforehand. (For students wishing to observe online classes, please see information below regarding subscribing to NPTV) .

2. Practice Teaching hours

Students will be able to do some supervised practice-teaching during Intensive Training. For practice-teaching hours logged outside the course modules, Natural Pilates Teacher Trainees may practice at any one of our three studio locations during off-peak hours (typically 1-4pm). For liability reasons, students may only practice with other students at our studios. Our rental fee (\$20/hour) will be waived for enrollees in our Teacher Training Program. Practice teaching times must be scheduled in advance with the Front Desk staff.



Additional costs:

1. PHYSICAL PARTICIPATION HOURS

These hours may be completed either in-person or online:

- a) For in-person group classes, students will receive a discounted rate of **\$250** for a package of 10 group equipment classes.
- b) Online via **Livestream Mat or Reformer** classes (regular class and package rates apply; classes may be purchased on naturalpilates.com); or
- c) Online via a **subscription to NPTV** (\$19.99 per month / \$199 per year)

Note: naturalpilatestv.com is a great resource for getting both Observation and Physical Participation hours. Students who do not have Pilates apparatus at home may come into the studio during off-peak hours with their phone, tablet or laptop to take on-demand classes using our equipment (book with Front Desk ahead of time).

2. INSURANCE

Students may elect to purchase their own liability insurance with the insurance company of their choice. The PMA offers insurance policies for Pilates students:

<https://www.pilatesmethodalliance.org/PMA/Membership/Insurance.aspx>

3. EXAM FEES

Pricing varies depending on the module(s) being tested:

Intensive Mat Exam	\$200	90 minutes
Intensive Reformer Exam	\$200	90 minutes
Intensive Mat & Reformer Exam	\$200	90 minutes
Intensive Tower, Chair & Barrels Exam	\$200	90 minutes
Intensive Full Exam (Mat, Reformer, Tower, Chair, Barrels)	\$300	2 hours

Note: If a student does not receive a passing grade of 80% or higher, they may retake the exam with a different Instructor. The retake fee will be half the cost of the original exam fee.



Admission requirements

Prospective students must meet the following criteria:

- Must be at least 18 years old
- Must have a high school diploma or equivalency diploma
- Must have taken 20 group or private Pilates sessions prior to course start date

Please note that participation in this program presents some unavoidable risk of injury, especially to people who have pre-existing injuries, illnesses, or medical disabilities. Prospective students should understand that the use of exercise equipment also carries with it a risk of injury. We ask that students keep **Natural Pilates** fully informed of any physical condition or disability, which would prevent or limit their participation in the program.

No applicant will be denied on the basis of race, national origin, color, creed, religion, sex, age, disability, gender identity, gender expression, or sexual orientation.

Enrollment procedures

The enrollment process includes:

- Completion of Enrollment Agreement
- Review of School Catalog
- Payment of tuition/fees
- Signing of all documents ((Photo/Video Release, Enrollment Agreement, Sexual Harassment Procedure and Student Grievance Policy)
- Review of Studio Guidelines in Welcome Packet

Prospective students may enroll anytime. Late enrollments will be accepted only one week into the course, depending on length of the course and availability. As there is a limited number of Reformer/Towers, students wishing to enroll in the entire program are given priority over students only wanting to take courses à la carte.

Attendance requirements

Students are expected to arrive on time for class with proper materials. An overall attendance rate of 100% is required. Students who have to miss hours/days of a given module may make it up in a private session with the Instructor. For example, if a student misses 2 hours of a course module, it can be made up in 1 hour of private training (the standard private session rate will apply). Instructors may request a student to withdraw from a course or program if absences or tardiness exceed 75%.

Students who are unable to continue classes for medical reasons or severe personal problems will be required to take a leave of absence until they are able to return to class. Proper documentation will be required to substantiate a student's withdrawal.



Leave of absence

Students who are not able to continue the program may take a leave of absence:

- Personal or family circumstances: must submit a written request to the Program Director
- Medical: must submit a note from a doctor to the Program Director
- Length: 1 year maximum
- Pregnancy: leave of absence policy

Students who interrupt their registration because of personal or family circumstances, injuries or illness, but plan to return, may take a leave of absence. Failure to attend class is not equivalent to a leave of absence and students will not receive an adjustment of charges unless a formal leave of absence is filed and approved.

If a student needs to withdraw from training, we ask that the student provides a letter, personally or from a doctor, explaining the circumstances. If the student paid the program in full, the school will retain all payments and allow the student to start with the next training course. If the student is on an installment plan, (s)he will continue to pay on the balance of the first attempted course. Students are expected to come back within 1 year. Medical certificates may be asked in cases of injuries or illnesses. Students who take a leave of absence due to pregnancy are granted additional six months to recover.

Conduct Policy

All students are expected to act maturely and are required to respect other students and faculty members as well as school's property, assets and traditions. Possession of weapons, illegal drugs, and alcohol of any kind are not allowed at any time on school property. Any violation of school policies may result in permanent dismissal from school.

Dismissal

Any student may be dismissed for violations of rules and regulations of the school. A student also may be withdrawn from classes if he or she does not prepare sufficiently, neglects assignments, or makes unsatisfactory progress. The director, after consultation with all parties involved, makes the final decision.

The School Director may temporarily suspend students whose conduct is disruptive or unacceptable to the academic setting. After appropriate counseling, students who demonstrate a genuine desire to learn and conform to school standards of conduct may be allowed to resume attendance. The Director will review each case and decide upon re-admittance.



Educational services

Through our *NPTV subscription*, students will have access to hours of content on all Pilates equipment. *naturalpilatestv.com* is a great online tool for students to get their Observation and Physical Practice hours from their home. For students in the Los Angeles area, we have three studio locations where students can observe, take classes and book time for practice-teaching hours.

Grading System

In order to obtain their Certificate of Completion, students must receive 80% or higher on their final exam. *Natural Pilates Teacher Training Exam* is a 90 or 120-minute practical and oral examination comprised of three parts: *Client Assessment, Workout and Discussion/Oral Exam*. If a student does not receive a passing grade of 80% or higher, they may retake the exam with a different Instructor. The retake fee will be half the cost of the original exam fee.

Progress Policy

The school implements methods to monitor student's progress:

- Satisfactory progress requirements
- Advisory meetings
- Periodic assessments

Students are assessed at the end of each course module and must maintain a B average. Students are informed of their progress on a regular basis. The Program Director monitors student's overall progress and will meet with students who are underperforming. Unsatisfactory progress will be grounds for dismissal. Students who want more guidance should contact the Front Desk staff to request an advisory meeting with either the Education Coordinator or Program Director.

Academic probation procedure

Students who do not maintain an 80% GPA will be placed on probation for 30 days. During the probation period, students must raise their grade average to passing or higher. The student may be terminated if grades are not satisfactory at the end of the probationary period. Termination shall be at the school director's discretion. The director has final authority and shall notify the student of the final decision.

Transfer of Credits

Natural Pilates Teacher Training Program does not guarantee transferability of its credits to another institution unless there is a written agreement with another institution. Credits from another institution will be evaluated on a case-by-case basis. Transfer of credits from other institutions requires a review fee of \$150 if a transcript or final exam assessment is available. In the absence of a written transcript, test-out options will be considered and fees related to the process will be charged by subject matter. Each will incur a \$300 fee per assessment.

Refund & Cancellation Policy

Students not accepted to the school are entitled to all moneys paid. Cancellations by students must be dated and submitted in writing. For cancellations received 21 days or more before the commencement of classes, the refund will be returned less the \$100 registration fee and \$50 materials fee (if applicable) in the form of a check mailed to the student.



In the case of students withdrawing after commencement of classes, the school will retain a cancellation charge plus a percentage of tuition and fees, which is based on the percentage of contact hours attended, as described in the table below. The refund is based on the official date of termination or withdrawal.

Refund Table:

Student is entitled to upon withdrawal / termination:	Refund:
Within first 10% of course module	90% less cancellation charge
After 10% but within first 25% of module	75% less cancellation charge
After 25% but within first 50% of module	50% less cancellation charge
After 50% of course module	No refund

All refunds will be made within 30 days from the date of termination. The official date of termination or withdrawal of a student shall be determined in the following manner:

1. The date on which the school receives written notice of the student's intention to discontinue the training program; or
2. The date on which the student violates published *school policy*, which provides for termination
3. Should a student fail to return from a leave of absence, the effective date of termination for a student on an extended leave of absence or a leave of absence is the earlier date the school determines the student is not returning or the day following the expected return date.

The student will receive a full refund of tuition and fees paid if the school discontinues a program within a period of time a student could have reasonably completed it. However, if the class is either interrupted or canceled by an act of nature, war, or any issue beyond the control of Natural Pilates, no refund will be issued. Natural Pilates reserves the right to change a course date, location or instructor.

Natural Pilates reserves the right to cancel its training course(s) due to an insufficient number of registrants. Under these circumstances, a full refund in the form of a check will be addressed and mailed to the student. (Please note that Natural Pilates is not responsible for any hotel, airline or other expenses incurred as a result of class cancellation). All refunds will be made within 30 days from the date of termination.

The policy for granting credit for previous training shall not impact the refund policy.



Student Grievance Policy

Please review and sign *Appendix A* of this document.

Sexual Harassment Procedure

Please review and sign *Appendix B* of this document.

Access to Student Files

Students will receive access to their individual files on Dropbox at the beginning of the course. Contents include:

- Picture identification (drivers license, immigration card, passport, etc.)
- Signed Enrollment Agreement
- Signed Grievance Policy (Appendix A)
- Signed Sexual Harassment Procedure (Appendix B)
- Final Exam Assessment

Satisfactory Completion

A student who satisfactorily completes training (tuition paid in full, 100% attendance of lectures, completion of all self-study hours, and a score of 80% or higher on final exam) at *Natural Pilates Teacher Training Program* will be awarded a *Certificate of Completion*.

Time Extension for Program Completion

Time extensions will be considered on a case-by-case basis. The student should submit a letter or email to the *Education Coordinator* detailing the reason and requested duration of the extension. Since the program is offered once per year, students may need to wait until the following year to attend the missed module(s).

Teacher Biographies

Our staff is comprised of the following faculty members:

- **Laura Wilson:** Owner, Program Director & Master Trainer
- **Stefani Bertocini:** Teacher Trainer
- **Erika Nickless:** Education Coordinator & Teacher Trainer



Laura Wilson

In 2002, Laura Wilson (then Bogdaniuc) immigrated to the US from her native Romania, with only \$100 in her pocket. From these humble beginnings, she created a veritable Pilates empire in the fitness capital of the world, Los Angeles. In 2007, Laura opened her flagship studio, Natural Pilates, in Beverly Hills, across the street from the iconic Peninsula Hotel. She has since opened two other L.A. locations in Brentwood and West Hollywood; developed her own approach to teaching Pilates (including The Natural Pilates Teacher Training Program); launched NPTV, an online portal of hundreds of hours of Pilates workouts; and branded her own line of fitness products.

Laura is one of the most successful and sought-after instructors in the US. She strives to be the best in her field, which means she is constantly learning in order to offer her clients the most comprehensive and tailored workout possible. Laura received her full certification through STOTT Pilates (Merrithew) in 2005. She is also certified in Gyrotonic (2008), Spin (2011), and Vinyasa Yoga (2011). She became a Resistance Training Specialist and a Muscle Activation Technique Specialist in 2012.



Laura's knowledge of the body is truly unparalleled in her field. This kinesiological acumen has both given her an edge in fitness and served as the catalyst behind the creation of her own unique brand of Pilates instruction. Laura has taken the classical repertoire developed by Joseph Pilates over 70 years ago and infused it with her approach of viewing the body (as well as the various forces acting upon the body), targeting muscles with creative programming and exercise order, giving hands-on cues, and adjusting repetitions and tension. Laura's approach helps clients "tune in" to their own bodies and trains current and future Pilates instructors to develop a deeper understanding of the body's musculature and biomechanics, in order to effectively program individualized sessions based on anatomy, movement patterns and goals.



Erika Nickless

Erika was first introduced to Pilates in the 1990s as a way to complement and enhance her study of classical ballet and modern dance. Years later, after hanging up her dancing shoes, she began taking Mat classes while living in Paris to help improve her language skills. Seeing the positive benefits of this form of mind-body exercise and aching to return to a more physical lifestyle, she became increasingly interested in not only taking Pilates, but also in teaching it.

After relocating to Southern California in 2007, Erika decided to begin training to become a Pilates instructor and received her Full Certification through STOTT Pilates in 2009. Erika joined the Natural Pilates team in 2010, and has also enjoyed teaching group and private Pilates sessions in gyms, corporate boardrooms, and rehab settings in the Los Angeles area.

Erika is passionate about the amazing effects Pilates has on the body and sincerely believes it is great for everyone, from elite athletes to the elderly. She experienced the rehabilitative benefits of Pilates firsthand when she sustained serious tibia and foot fractures. Pilates allowed her to continue exercising and maintain strength even without being able to weight-bear on her injured side for several months.



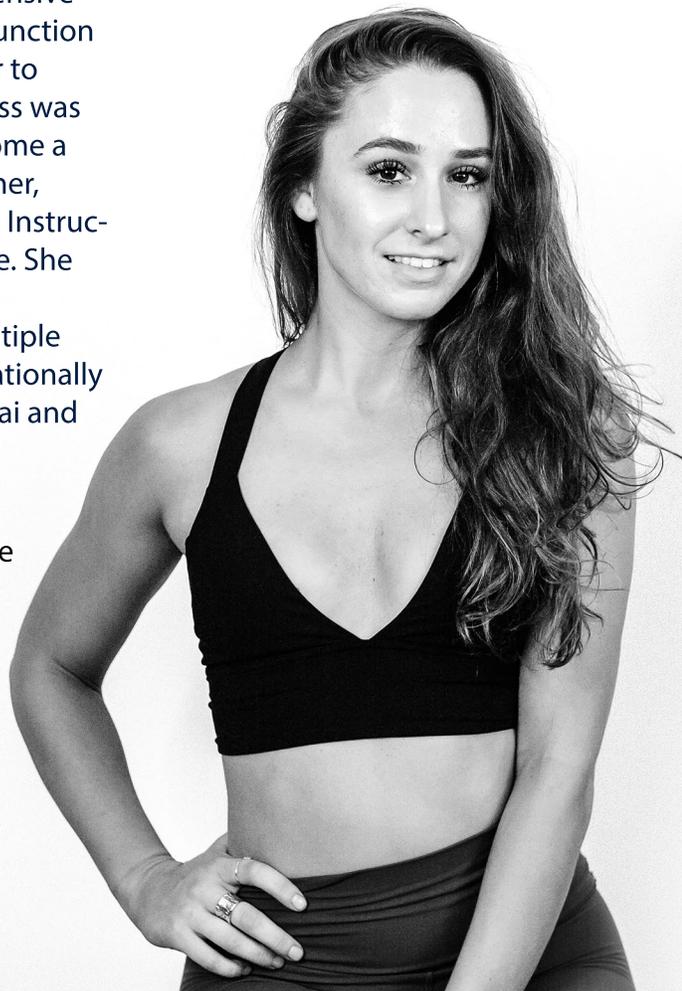
In addition to completing continuing education credits through STOTT Pilates and Natural Pilates, Erika earned her Pre- & Post-Natal Certification through Fusion Pilates, completed the Pilates Therapeutics' Scoliosis Management and Foot Specializations, and received her 200-hour Vinyasa Yoga certification through CorePower Yoga. She holds a B.A. from Barnard College in Sociology and Dance and an M.A. in French Cultural Studies from Columbia University.



Stefani Bertocini

Stefani grew up training intensely to become a professional dancer and went on to pursue a career in dance. After surgery for labral tears in both hips, Stefani went through extensive rehabilitation and mobility training to gain back full function in her hip joints. From this experience, it became clear to Stefani that connecting the benefits of form and fitness was her calling. She decided to switch industries and become a fitness professional. Stefani is a certified Personal Trainer, Pilates Instructor, Barre Instructor, Rhythm Based Spin Instructor, Hammock Yoga Instructor and STRALA Yoga Guide. She has created and developed ballet-based barre fitness programs and cardio dance classes, as well as run multiple teacher training programs. Stefani has worked internationally throughout the United States, Australia, London, Dubai and Abu Dhabi.

From 2014-2018, Stefani worked in Dubai, where she managed some of the region's top fitness facilities. She was most recently awarded the 2017 Group Fitness Instructor of the Year in the Middle East by the FIT Awards. She has had the privilege of writing articles, creating workouts and been featured in some of Dubai's top magazines, including Harper's BAZAAR, Cosmo and Emirates Woman. Throughout Stefani's time in Dubai, she hosted successful wellness retreats, conducted VIP and community events, and taught consistently sold out classes of up to 40 people.



Stefani moved to LA in 2018 and joined the Natural Pilates team, challenging and inspiring clients with her creative programming and fun-loving spirit. She is passionate about helping all clients build and execute each exercise with efficiency, move with function and strengthen with precision. She thoroughly enjoys helping her clients not only look better, but also feel better within their bodies.



Facilities

Natural Pilates Teacher Training Program takes place at our Beverly Hills location: 9869 Santa Monica Boulevard, Beverly Hills, CA 90212. Our studio is 3500 square feet, located in a two-story building in the heart of Beverly Hills. Our large group classroom (1200 square feet) is used for our Teacher Training lectures. It is furnished with state-of-the-art Merrithew Pilates equipment, consisting of 10 V2-Max (Reformer/Tower Combinations), 10 Stability (Wunda) Chairs, 1 Cadillac (Trap Table), 1 Ladder Barrel, 2 Spine Correctors, 2 Arc Barrels, and all Pilates props. We also have three small private training rooms, and two larger semi-private training rooms. We have three restrooms, one with a shower. Our ground floor space includes our handicapped accessible restroom and semi-private training room.

In addition to our main Beverly Hills location, students may also use our other two studios to fulfill most of their self-study hours. Brentwood has 10 Reformer/Tower Combos; West Hollywood has 9 Reformer/Towers and 9 Chairs.



Appendix A: Grievance Policy

Natural Pilates recognizes a student's right to have grievances and to file complaints. The School is committed to addressing complaints and grievances effectively and fairly. This policy provides a procedure for documenting grievances and complaints related to issues both academic and non-academic, as well as complaints of unlawful discrimination and unfair treatment.

Natural Pilates aims to address complaints and grievances through a fair and impartial resolution process that is carried out with transparency, that is accessible and available to all students and that respects the privacy of all parties involved. A student may file a complaint or grievance without fear of reprisals.

Any student with a complaint or a grievance should take the following actions (and be as specific as possible):

- Contact the person with whom they have the grievance and attempt to resolve the issue informally.
- If this is not a reasonable option, or if such an option does not remedy the situation, students should speak with the Education Coordinator teachertraining@naturalpilates.com
- If the matter is still not resolved, students may appeal in writing to PSAP@pilatesmethodalliance.org

I have read and understood the above procedures, and commit to following the steps delineated.

Student Name (print):

Student signature:

Date:



Appendix B: Sexual Harassment Procedure

Definition:

Sexual Harassment is defined as unwelcomed verbal, visual, or physical conduct of a sexual nature that is severe or pervasive and affects learning conditions or creates a hostile environment.

Examples:

- Verbal or Written - Comments about clothing, personal behavior, or a person's body; sexual or sex based jokes; requesting sexual favors or repeatedly asking a person out; sexual innuendoes; telling rumors about a person's personal or sexual life; threatening a person.
- Physical - Assault; impeding or blocking movement; inappropriate touching of a person or a person's clothing; kissing, hugging, patting, stroking.
- Non-verbal - Looking up and down a person's body; derogatory gestures or facial expressions of a sexual nature; following a person.
- Visual - Posters, drawings, pictures, screensavers or emails of a sexual nature.

Procedure:

Any student who feels s/he has been subject to sexual harassment should take the following actions:

- Speak directly to the source of the discrimination.
- If this is not a reasonable option, or if such an option does not remedy the situation, speak with the Director.
- If this is not a reasonable option, or if such an option does not remedy the situation, document all relevant facts and send documentation to: PSAP@pilatesmethodalliance.org

I have read and understood the above procedures, and commit to following the steps delineated.

Student Name (print):

Student signature:

Date:

