

Want to Help Others Find Spontaneous Zest and Pleasure?

Become a Pilates Instructor at Sanchez Street Studios
with Carol LeMaitre and Sharon Gallagher

Pilates Mat Teacher Training Course

Oct. 7th - Nov. 12th, 2011



You will learn.....

To Teach All Classical Mat Repertoire, Intro to Super-Advanced

To Develop A Deep Understanding of Fundamental Movement Skills
and How They Apply to the Pilates Mat

To Identify and Correct Common Alignment Problems

To Expertly Modify Exercises for Clients with Special Needs

To Create a Deep and Profound Change in Your Body and Your
Clients' Bodies

Fridays 4-6 pm

10/7, 10/14, 10/21, 11/4, 11/11

Saturdays 2-6 pm

10/8, 10/15, 10/22, 11/5, 11/12

Required Hours:

10 Private Lessons (not included)
25 Mat Classes (10, included)
50 hours Self Led Practice
25 Hours Observation of Mat Class
50 Hours Practice Teaching

Prerequisite:

Anatomy Camp, 9/24-9/25
or equivalent anatomy training

Required Reading:

Return to Life, Joseph Pilates
Anatomy of Movement, Blandine
Calais-Germain
Pelvic Power, Erik Franklin

Cost: \$1,250

(Includes 30 hours of Lecture, 10
Mat Classes, Self Practice,
Observation, and Practice
Teaching)

Final Test Out \$250

Special Audit Price for Certified
Pilates Instructors, Call to inquire

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