



Balanced Body Community Expansion Scholarship Guidelines

“Human progress is neither automatic nor inevitable...Every step toward the goal of justice requires sacrifice, suffering and struggle; the tireless exertions and passionate concern of dedicated individuals.”
– Martin Luther King, Jr.

During this time of calls for racial justice and equality in the United States and around the world, Balanced Body is asking what role we can play in working to increase the number of Black teachers in the Pilates and fitness community. In the United States, people of African descent have been systematically disenfranchised since the beginning of slavery over 400 years ago. This has led to decreased opportunities in education and professional advancement. As one of the largest Pilates education programs in the world, we see an opportunity to expand educational and career opportunities for Black instructors through our programs. Our intention is to remove financial barriers and provide safe, supportive and welcoming learning environments where students can explore the life-changing and career enhancing benefits of Pilates. As diversity makes all things stronger, the entire Pilates industry will be elevated as instructors with new perspectives and cultural experiences expand the community.

How the Scholarship Works

- Select Balanced Body Authorized Training Centers (ATC's) and Master Instructors have agreed to offer a limited number of scholarships to Black students interested in becoming Pilates instructors.
- Students can take the full Pilates Mat program either in person or on line. Reformer and Apparatus courses must be taken in person or the student must have access to the equipment for the duration of the course.
- Students will receive a full scholarship for the modules they attend. All course fees including manuals and videos are covered by the scholarship. Additional costs such as classes, private sessions or fees for observation hours may not be covered.
- Personal Practice and Observation Resources
 - Balanced Body will include a 2 year subscription to the Balanced Body Streaming Video Service and our library of instructional and workout videos.
 - Pilates Anytime has agreed to include a 1 year subscription to their extensive library of online Pilates classes.
 - Both Balanced Body's Streaming Video Service and Pilates Anytime can provide personal workouts and observation hours at no cost. Each Authorized Training Center sets the percentage of practice hours that can be completed online. Check with your training center for specific requirements.
 - Fusion Pilates Online education (fusionpilatesedu.com) has agreed to include a 1 year membership to their online apprenticeship program. This is a great resource for teachers in training.

Eligibility

- For this scholarship, we would like all applicants to be Black or from another underrepresented community.
- The applicant should have some familiarity with Pilates and a strong desire to become a teacher.



- To be most effective, scholarship students should commit to becoming a fully qualified teacher at either the Mat, Mat and Reformer, Reformer or Comprehensive level.
- The goal of this scholarship is to increase the diversity of the Pilates teacher community and is not based on the financial ability or inability of the student to pay for the training.

Prerequisites

- We recommend the following prerequisites before students enroll in a Pilates teacher training program in order to make you familiar with the exercises and the Pilates teaching style.
 - For Mat Instructor Training, participate in 20 online or 10 in person mat classes.
 - For Reformer Instructor Training, participate in 20 in person Reformer classes or observe 40 online classes or a combination of both. Each online class would count for .5 in person classes.

Program requirements

These are the requirements to earn a certificate of completion for any of the Pilates programs. The Community Expansion Scholarship will cover the costs of the required courses but the **practical hours are not included in the scholarship.**

REQUIRED COURSES - Covered by the Community Expansion Scholarship			
MAT	REFORMER	MAT & REFORMER	COMPREHENSIVE
Movement Principles Mat 1, 2 & 3	Anatomy Movement Principles Reformer 1, 2 & 3	Anatomy Movement Principles Mat 1, 2 & 3 Reformer 1, 2 & 3	Anatomy Movement Principles Mat 1, 2 & 3 Reformer 1, 2 & 3 Trapeze, Chair and Barrels OR Apparatus 1, 2 & 3
REQUIREMENTS FOR COMPLETION - The scholarship does not cover all costs associated with practical hours. Low and no cost online resources are available for personal practice and observation hours. Student teaching hours may be paid at the discretion of the ATC or employer.			
Practical Hours - 20 Mat classes - 15 Observation hours - 35 Student teaching hours Anatomy (recommended) Total hours: 134	Practical Hours - 30 Reformer classes - 30 Observation hours - 90 Student teaching hours Total hours: 214	Practical Hours - 70 Mat practical hours - 150 Reformer practical hours - Total hours: 332	Practical Hours - 70 Mat practical hours - 150 Reformer practical hours - 35 Apparatus classes - 20 Observation hours - 95 Student teaching hours Total hours: 520

Application Process

- Attached is an application form for all scholarship students to fill out.
- Please let us know which of the programs you are interested in completing: Mat, Mat and Reformer, Reformer or Comprehensive. Mat programs can be offered on line but most equipment classes will need to be taken in person. If we know how far you are hoping to go in the program and where you are located, we can work with you to find the best studio and instructors to work with.
- Please indicate which participating Authorized Training Center you are interested in working with. For the first part of 2021, ATC's may be offering courses in online, in person or hybrid formats depending on the conditions in their local area. In addition to the ATC courses, two of our Black Master Instructors, Tonya Amos and Misty Lynne Cauthen will be offering online mat courses to get students started.
- Course schedules can be found on the Education Finder at Pilates.com. Check the schedule to make sure there are courses available at the ATC or for the program you are interested in attending.
- All applications will be reviewed by members of our Master Instructor Black Advisory Board. After reviewing the application and conducting an in person interview, they will make the final determination regarding distribution of the scholarships in conjunction with the Authorized Training Center or Master Instructor you will be working with.
- Once your application is processed, you will be notified if you have been approved for the scholarship. Application processing can take up to 4 weeks to complete.

Send Completed Applications to:

- **Applications should be sent to Helene.rothman@pilates.com.**
- **Please submit your application at least 14 days before the start of the program you are interested in attending so we have time to process it.**

We are excited about this new aspect of our Instructor Training program and look forward to many incredible teachers joining the Pilates community to create a more expansive and inclusive experience.

For any questions please email: Helene.rothman@pilates.com.