



Welcome to the *Core Dynamics* Pilates Teacher Training. The program, **designed by Michele Larsson**, teaches the historical Pilates method using the same approach as taught by Eve Gentry. This program has been formulated to provide the knowledge necessary to competently teach a fitness-oriented private Pilates lesson.

Eve Gentry emphasized the importance of becoming proficient in all Pilates principles when she said "one must know the roots of the tree before growing new branches". Therefore, the training program will focus on the original work of Joseph Pilates. From that foundation, students will then be able to learn and create modifications, as well as effectively assess the ongoing changes in the method.

The Core Dynamics Pilates Teacher Training Program is comprised of four 3-day workshops held in Santa Fe, NM as well as directed self-study and practice for a total of 450 hours. Each 3-day workshop begins on a Friday and ends on Sunday with the exact time varying depending on the number of workshop participants. These intensives will encompass lectures, practice, reading assignments and homework. We have specifically designed our teacher training program to accommodate students who cannot undertake an apprenticeship away from their home area. We are currently expanding our web site to provide distance learning opportunities that can be counted toward your student requirements for mentoring and observation. **You must have an email account and access to the internet** in order to take advantage of this opportunity and to receive updates and information specific to the teacher training program. Detailed guidelines on how to complete your required hours will be provided once you enter the program. In general, we have found that it takes most students approximately 12 months to complete the training.

The training program will include exercises on the mat and five main pieces of equipment. The exercises will range from the fundamental to the advanced level. Teaching reformer classes, athletic enhancement, or post injury/illness lessons requires advanced training. Please contact the Core Dynamics office about these workshops (505-988-5076) or visit our web site at www.coredynamicspilates.com.

Remember to visit our WEB site, www.coredynamicspilates.com to find all the current information concerning teacher training and continuing education workshops. We will be happy to answer your questions directly via email; inquiry@coredynamicspilates.com or telephone at 505.988.5076.

Enjoy your time as a student! We look forward to working with you.

Student Teacher Training Program Information

Welcome to the Core Dynamics Pilates Teacher Training Program. The following information is intended to provide the student with information on the requirements to be fulfilled and the estimated costs of the program. Acceptance into the Core Dynamics Pilates Teacher Training Program requires that the student understand and accept the following conditions and requirements for participation and completion of the program.

I. Core Dynamics Pilates Teacher Training Program Intent and Design

This Program is;

1. Intended to prepare the successful candidate to teach apparently healthy individuals, fitness oriented private Pilates lessons on all the Pilates equipment, as well as group mat classes.
2. Designed to be a combination of self-directed study, workshop participation, distance learning and observations. It is each student's responsibility to monitor their own progress and seek appropriate help as needed.

II. 2008 Cost of the Core Dynamics Pilates Teacher Training Program

1. A \$100 non-refundable application fee.
2. The following breakdown of costs includes non-refundable application fee, four weekend workshops and examination fee after January 1, 2008.

Non-refundable App. Fee	\$100.00
*Level 1	\$750.00
Level 2	\$750.00
Level 3	\$750.00
Level 4	\$750.00
Total for workshops	\$3000.00
Examination Fee	\$250.00
Total Fees	\$3350.00

3. Core Dynamics fees are subject to increase with each calendar year.
4. New Mexico adds a Gross Receipts Tax to all fees.

*Level 1 includes Training Workbook, Eve Gentry Video, Return to Life book, and Pilates Method Alliance student membership, which you receive when you attend the Level 1 training. You can get these materials earlier if you pay the additional \$15 UPS shipping charge.

Please note that New Mexico workshops and testing add a 7.9375% tax, (subject to change).

Important Payment Information

Payments are made directly to Core Dynamics in Santa Fe, New Mexico, and must be paid in full 30 days before each workshop. A \$200 deposit and registration is required to reserve a place in each workshop at least 60 days before the workshop. A \$125 drop-in fee will be added for students who do not register in advance of the workshop or are not paid in full by the first day of the workshop.

III. Cancellation policy

1. The application fee is non-refundable.
2. Workshop deposits are fully refundable if cancelled 21 days prior to first day of the workshop.
3. Workshop deposits are non-refundable if cancelled less than 21 days prior to the workshop but may be applied to another workshop within a 12 months time period.
4. If a workshop has less than 5 participants, the workshop may be cancelled and/or re-scheduled. You can receive a refund or apply your fee to another workshop. Please make your travel arrangements according to this policy.

IV. Prerequisites for entering the Core Dynamics Pilates Teacher Training Program

1. The knowledge of and ability to perform Level 1 and 2 Pilates method exercises on Mat and Equipment. (A Level 1 and 2 exercise DVD is available to assist with knowledge and practice for \$25 plus \$4 shipping, international shipping will vary.)
2. Students are strongly encouraged to begin mastering their own practice of the Pilates method through private lessons and/or group classes.
3. All students are expected to have mastered in their own practice, ALL the exercises presented in each workshop, PRIOR to taking the workshop.
4. Prior to attending the Level I workshop, it is recommended that students begin to study basic human anatomy of the bones and muscles and be familiar with equipment.

V. Workshop & Practicum Hours: Core Dynamics Pilates Teacher Training

I.	Lecture/Workshop Participation: Includes full Participation for all 18 hours per weekend, Levels 1 through 4.	72 hours
II.	Personal Practice: Hours may begin accruing as soon as the application is processed and the \$100 fee has been paid. We recommend a minimum of two workouts per week to gain proficiency in the Pilates method.	100 hours
III.	Observation & Mentoring: May include observing and assisting certified teachers, web site supported self-study, conference call learning, etc.	153 hours
IV.	Practice Teaching: Can begin after completing Level 1 workshop with approval from Core Dynamics faculty. Practice teaching involves covering information learned in most the recent workshop attended.	125 hours
	Total Hours	450 hours

Students are encouraged to complete a minimum of 50% of their required practice, observation and teaching hours before taking the Level 3 workshop. The above hours reflect the minimum hours required in each category. Additional hours above the minimum requirement in one category cannot be applied to any other category.

VI. Examinations

Final Comprehensive Examinations. Upon completion of the four levels of the Core Dynamics Pilates Teacher Training Program and all additional practicum hours, the student is eligible to sit for a final comprehensive written and practical exam. It is recommended that you continue to practice your own Pilates and student teach for 3 to 6 months after the level 4 workshop before scheduling the final tests. Both exams will be evaluated on a pass/fail basis.

Written Examination. The final written exam will be a take home test. The student will be expected to know all subject matter presented in the workshops, including but not limited to: safety, specific exercises, exercise sequence in the traditional Pilates method, appropriate modifications for specific problems and general human anatomy.

Test will be sent via email after payment is received. The student will have two weeks to complete the test and return it to Santa Fe. The written test should be sent to Santa Fe one week prior to the practical test. Students should register for the final exam 4 to 5 weeks prior to the practical to facilitate timely completion.

Practical Exam.

Part I: Student Performance

Students will be asked perform a level 4 Mat workout *or* level 3 reformer workout using the Core Dynamics exercise order of exercises. The examiner will choose which workout the student will perform, so you must be prepared to do either level 4 Mat or Level 3 Reformer. In addition, students will be asked to perform other exercises from the Core Dynamics syllabus on alternate pieces of equipment. You may also be asked to demonstrate safe equipment set-up, exercise execution and correct spotting technique for specific exercises of the examiners choice. Students should plan to arrive early in order to familiarize themselves with all the features of the apparatus they will be expected to use.

Part II: Teaching

Students will teach a 55 minute balanced Pilates method lesson to a client provided by the examiner. The lesson will be based on the particular needs of the client. The student will also submit a written defense of this lesson plus an evaluation for the client including a progressive, 3-month lesson plan.

Application Requirements

1. Application Forms and all accompanying material should be sent to:
Core Dynamics Inc.
1807 2nd St. #15
Santa Fe, New Mexico 87505
2. Complete the application Form provided and submit one copy with \$100 non-refundable application fee payable to Core Dynamics.
3. Submit a resume that tells us a little more about your professional & Pilates background.
4. Submit one letter of recommendation from your Pilates instructor.
5. You will be notified by mail once you are accepted into the Teacher Training program. It is recommended that you purchase the Level 1 & 2 Exercises video of DVD to assist you to properly prepare for workshop Level 1.
6. Once you choose your workshop, pay a deposit of \$200 to the Core Dynamics administrative office in Santa Fe, New Mexico 60 days prior to the workshop (\$400 deposit required for any back to back workshops). You will receive more specific information about local lodging, travel information and weekend schedule once you pay your workshop deposit.
8. All workshops must be paid in full 30 days before the date that the workshop is scheduled to begin. Contact the Santa Fe office at 505-988-5076 for additional information.

CORE DYNAMICS, INC.

1807 Second Street #15, Santa Fe, NM 87505

tel/fax (877) 988-5076

e-mail - inquiry@coredynamicspilates.com

PILATES TEACHER TRAINING APPLICATION

**Please complete this form as part of your application to Core Dynamics Teacher Training program. Be sure to indicate the dates when you plan to attend the weekend workshops. Once we receive your application, you will receive additional information from us as well as an invoice for your non-refundable application fee and workshop deposit. Thank you!*

Please Print

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____

ZIP CODE: _____ AGE: _____

PHONE:(HOME): _____ (CELL): _____

(E-MAIL): _____

OCCUPATION: _____

REFERRED BY: _____

EMERGENCY CONTACT: _____ NUMBER: _____

*Dates of Teacher Training Workshops you plan to attend:

Level 1 _____ Level 2 _____

Level 3 _____ Level 4 _____

Pilates & Other Fitness Training:

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Teaching Experience: _____

Degrees Received: _____

Why do you want to teach Pilates?: _____

How did you hear about Core Dynamics?: _____

Instructions:

**You must know and be able to perform intermediate Pilates exercises on the four major pieces of equipment as well as the mat before entering the program. A video of these required exercises is available through Core Dynamics.*

Core Dynamics Pilates Teacher Training Schedule 2008

Additions and changes to the 2008 schedule may still be added. Check our web site at www.coredynamicspilates.com for the most recent workshop schedule.

Level 1 Weekend Teacher Training

March 7 - 9, 2008	Santa Fe
March 10 - 13, 2008	Santa Fe Mentoring Program between Levels 1 & 2
August 8 -10, 2008	Santa Fe
August 11-14, 2008	Santa Fe Mentoring Program between Levels 1 & 2
NEW!!	
September 5 – 7, 2008	Santa Fe
September 8 – 11, 2008	Santa Fe Mentoring Program between Levels 1 & 2

Level 2 Weekend Teacher Training

March 10 - 13, 2008	Santa Fe Mentoring Program between Levels 1 & 2
March 14 - 16, 2008	Santa Fe
August 11 – 14, 2008	Santa Fe Mentoring Program between Levels 1 & 2
August 15 - 17, 2008	Santa Fe
NEW!!	
September 8 – 11, 2008	Santa Fe Mentoring Program between Levels 1 & 2
September 12 – 14, 2008	Santa Fe

Level 3 Weekend Teacher Training

June 6 - 8, 2008	Santa Fe
June 9 - 12, 2008	Santa Fe Mentoring Program between levels 3 and 4
October 13 - 16, 2008	Santa Fe Mentoring Program before level 3
October 17 - 19, 2008	Santa Fe

Level 4 Weekend Teacher Training

June 9 - 12, 2008	Santa Fe Mentoring Program between levels 3 and 4
June 13 - 15, 2008	Santa Fe
December 1 - 4, 2008	Santa Fe Mentoring Program before level 4
December 5 - 7, 2008	Santa Fe