

Pilates Teacher Training Program
2009-2010
Minneapolis



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Pilates Teacher Training Program at Awaken

Starting Fall 2007 Awaken partnered with Balanced Body University (BBU) to offer a Pilates Teacher Training Program. The Balanced Body University curriculum is designed to provide a solid grounding in both classical and contemporary Pilates repertoire while creating Pilates programming that is accessible and appropriate for clients of all kinds. The training program is offered comprehensively as well as ala cart.

About Balanced Body University

BBU is the education division of Balanced Body Inc, the largest Pilates company in the world. Balanced Body has been producing the finest Pilates equipment for over 30 years. They are an innovative company and true leaders in the Pilates community. Balanced Body is the creator of Pilates on Tour, a continuing education experience brought to multiple cities every year. Pilates on Tour came to Minneapolis August 2008 and will be in Chicago October 2009!

Our Story and Philosophy

Cari & Karin have been friends for years, and decided to join forces in 2007 to bring the BBU teacher training program to Minneapolis. Our main objective is to create a training program that offers quality instruction in an inviting atmosphere. We teach and encourage critical thinking skills within the work so that you are prepared as a teacher to handle any client who walks in your door.

Prerequisites

Certain aspects of the course are physically demanding, and require that students be in good physical condition in order to benefit fully from the instruction. Therefore, we request that the following be observed:

30 hours of previous Pilates experience in the form of group classes, private instruction or equipment classes, prior to participating in the program. We insist that a minimum of 2 private sessions be taken with Karin or Cari prior to the first lecture. Students will be offered a discounted price of \$50.00 per private Pilates session throughout the lecture series. This remains in effect until 3 months after the final weekend.

Course Objectives

1. Develop an understanding of the fundamentals and principles of the Pilates method.
2. Learn the tools to instruct a mat class, equipment class and private sessions.
3. Safely prepare equipment and instruct clients of varying levels of fitness in a Pilates workout on the Mat, Reformer, Trapeze Table, Wunda Chair, High Barrel and Low Barrel.

4. Perform a postural assessment and make appropriate exercise selections to enhance a client's fitness experience.
5. Identify the relationships between various musculoskeletal structures of the body.
6. Learn the purpose, muscular focus, specific body alignment, and sequencing of each exercise including modifications and variations.
7. In depth instruction in teaching at all levels and for all body types.

Training Options

1) BBU Pilates Instructor (Comprehensive)

To become a fully qualified Balanced Body University Pilates Instructor, students must complete the following:

- Anatomy Course (or approved equivalent)
- BBU Mat Instructor Training (or approved equivalent)
- BBU Reformer Training (or approved equivalent)
- BBU Cadillac/Tower - Course work, written and practical test (19 hours)
- BBU Chair and Barrels - Course work, written and practical test (19 hours)
- In addition to the above requirements:
 - 45 personal session hours and 105 teaching hours or
 - 35 Reformer personal session hours, 20 observation hours and 95 teaching hours
- Practical Test

Total hours for completion of Other Apparatus Program = 186 (not including anatomy)

Total hours for completion of full program = 486 hours

Upon completion of all requirements, a certificate of completion as a BBU Pilates Instructor will be issued.

Students who have completed their Mat or Reformer Training through other organizations can take the BBU curriculum and receive a certificate of completion from BBU. Students will need to provide proof of completion of a comparable Mat or Reformer program before being accepted into Balanced Body University. Please contact BBU directly for details.

2) BBU Pilates Mat Instructor

To become a fully qualified Balanced Body University Mat Instructor, students must complete the following:

- Anatomy Course (or approved equivalent)
- BBU Mat 1 – Course work, written and practical test (16 hours)
- BBU Mat 2 – Course work, written and practical test (16 hours)
- 25 Mat personal sessions and 45 student teaching hours or
- 20 Mat personal sessions, 15 observation hours and 35 student teaching hours

Total hours for completion of Mat Program = 102 hours (not including anatomy).

Upon completion of all the requirements, a certificate of completion as a BBU Mat Instructor will be issued.

3) BBU Pilates Reformer Instructor

To become a fully qualified Balanced Body University Reformer Instructor, students must complete the following:

- Anatomy Course (or approved equivalent)
- BBU Mat Instructor Training (or approved equivalent)
- BBU Reformer 1 – Course work, written and practical test (18 hours)
- BBU Reformer 2 – Course work, written and practical test (16 hours)
- BBU Reformer 3 - Course work, written and practical test (14 hours)
- 50 Reformer personal session hours and 100 teaching hours or
- 30 Reformer personal session hours, 30 observation hours and 90 teaching hours
- Practical Test

Total hours for completion of Reformer Program = 198 (not including anatomy)

Total hours for completion of Mat and Reformer Programs = 300 hours

Upon completion of all requirements, a certificate of completion as a BBU Reformer Instructor will be issued.

4) Individual Module Weekends A la Cart

Each individual weekend is offered separately. For instance, if you are a Pilates Instructor and want a refresher on the Chair, you may take that weekend alone. If you want to just take the Anatomy weekend to further your knowledge of overall body mechanics and structural anatomy. If your budget is limited and you want to take two courses now, and the remaining courses at a later date, that is also an option. You have the freedom to pick and choose, as long as the BBU requirements are met for each course.

Personal Sessions

Developing and committing to a personal Pilates practice is an essential part of becoming an effective and inspiring Pilates instructor. 50% of your hours must be done at Awaken, or at an approved facility if coming to Awaken is not possible (facility validation forms available upon request). Students can count any classes or Pilates personal training sessions they have already taken in the last three months. At Awaken a 24 hour cancellation policy applies to all scheduled sessions.

Student Discounts at Awaken

Mat Classes – \$10

Privates - \$50

Semi-Privates - \$25

Reformer Classes - \$20

* rates are good 3 months after final training weekend

Tutoring Fee/Makeup Sessions: \$75/hour (with Karin & Cari only)

This is when you miss a weekend or part of a weekend and want to make it up with us privately.

Auditing Fee: \$75/day

Once you have completed the BBU program you are allowed to audit/observe any of the upcoming training program modules that you have attended previously for \$75/day.

Observation Hours

Observation hours include watching experienced instructors teach group or private sessions. Observation is a great way to understand verbal and manual cueing, program sequencing and to hone your teaching skills. 50% of your hours must be done at Awaken, or at an approved facility (facility validation forms available upon request).

Teaching Hours

Teaching hours include any Pilates teaching either as an employee at a fitness center or studio or teaching family and friends on your own time. Awaken is open for your teaching use but sessions need to be scheduled in advance. During prime business hours session times may not always be available.

We strongly encourage you to work with your classmates. This is a safe way for you to practice your cueing and teaching skills. If this is not possible, you may bring in family and friends to the studio as long as you provide proof of liability insurance. This can be obtained through the PMA (pilatesmethodalliance.org), Fitness and Wellness, Inc. (fitnessandwellness.com), or another insurance provider. Awaken must be listed as additional insured. There are no exceptions to this policy.

***Practice teaching private lessons at the studio is free of charge and therefore, there is no charge to the student you are teaching.*

Training Schedule and Costs

The BBU comprehensive Pilates training course consists of 7 lecture weekends. Any weekend can be purchased separately. You may register online at <http://bbu.pilates.com>. Spaces are limited and fill up quickly, so we encourage you to register early. **Please allow 2 weeks for registration and time to receive manuals. This applies to each weekend you register for --- don't wait to the last minute to do this!**

Dates	Module	Pricing	Course Times	Hours
2009-2010			**45 minute breaks given Sat/Sun	
Oct 9	Orientation	NA	F 3-4:30	1.5 hrs.
Oct 9-11	Mat 1	\$425	F 4:30-9pm, S 12:30-7:30, S 9:30-6pm	16 hrs.
Nov 6-8	Mat 2	\$425	F 4-6pm, S 12:30-7:30, S 9:30-6pm	16 hrs.
Dec 4-6	Reformer 1	\$499	F 4-6pm, S 12:30-7:30, S 9:30-6pm	18 hrs.
Jan 8-10	Reformer 2	\$449	F 4-6pm, S 12:30-7:30, S 9:30-6pm	16 hrs.
Feb 5-7	Trapeze Table	\$499	F 4-8pm, S 12:30-7:30, S 9:30-6pm	18 hrs.
Mar 5-7	Chair and Barrels	\$499	F 4-8pm, S 12:30-7:30, S 9:30-6pm	18 hrs.
April 10-11	Reformer 3	\$449	S 12:30-7:30, S 9:30-6pm	14 hrs.
Oct 9, Nov 6, Dec 4, Jan 8	Anatomy	\$425	F 6-9pm	12 hrs.
	Total	\$3,670		130 hrs.
	Comprehensive Discount	(\$200)	**a one-time discount to Comprehensive students only	
	Manuals (8@\$50 each)	\$400	To be purchased directly through BBU – allow 10 days for shipping	
	Comprehensive Total	\$3,870		
	Total w/ out Anatomy	\$3,445		

**These prices for BBU courses include the course fee only. To obtain your practice hours, you may either practice with your fellow students at no additional fee, or choose to pay for classes (mat, Reformer, etc.) at your discretion. Any costs associated with completing said hours are not included in the cost of the training program and are the responsibility of the student.

**Please note that because the Chair & Barrels are all taught together, it is required that you purchase both manuals (\$100) from BBU upon registering for the training.

Scheduling/Attendance

We have set the hours and dates well ahead of time to plan and prepare however we realize things may come up that require you to miss some of the training. It is strongly advised to not miss any of the training weekends or no more than the equivalent of one

weekend. If you miss a full weekend, you are allowed to retake that same weekend during our next training session (usually 1 year later) at no additional charge or you make up the time with a tutoring session at \$75/hour.

Throughout the training course we expect you to show up on time and be ready to work. When people are late it throws the whole group off schedule.

Cancellation Policy

All fees paid minus a \$100 administration fee will be refunded for any cancellations made 30 days prior to first date of this course. There will be absolutely no refund of any kind for any cancellations made within 30 days prior to the first date of the course. Cancellations made 30 days or less prior to the first day of the course will not receive a refund of any kind, but can transfer once to the next available course. Otherwise, the full fees will be forfeited. No refund will be issued after the commencement of the course for any reason. No exceptions.

Testing Procedures

STEP 1 - Student applies for test out approval on BBU website

1) Student completes application form and submits to BBU along with the following completed documentation:

- Personal practice, observation and student teaching hours.
- Proof of completion of the anatomy requirement.
- Proof of completion of any additional certificates such as Mat or Reformer if they weren't completed through BBU.

2) BBU must receive this **FOUR WEEKS** before the test out.

STEP 2 - Review of records and approval for test out

- 1) BBU reviews the completed application that student has sent in.
- 2) Upon approval, BBU notifies student and instructor/host site of application status by email along with test out procedures

STEP 3 - Test Out Date Scheduled at studio (please call the studio directly)

- 1) It is the responsibility of the instructor and student to schedule a test out date and time.
- 2) The instructor/host site notifies BBU of test out date and time
- 3) BBU posts the test out online and opens registration
- 4) Student is responsible for registration and payment on the BBU website
- 5) Test out dates are scheduled at the studio every 3-4 months and are always on a Monday. Written test is at noon, and practical exams to follow at 1pm, 2:15pm, and 3:30pm.

STEP 4 - Test out day - Instructor/Host site will inform student of final schedule

- 1) Student completes written test (approximately 1 hour)
- 2) Student completes practical test (approximately 1 hour)
- 3) Instructor gives feedback (approximately 20 minutes)
- 4) Student receives copy of teaching evaluation
- 5) Instructor sends test, copy of evaluation and status to BBU

STEP 5 - Certificates processed

- 1) Certificates are processed and mailed out within 2-4 weeks of receipt of final test paperwork from instructor.
- 2) If a student does not pass, BBU will communicate with instructor and student regarding next steps.

Test Out Fees:

	Mat	Reformer	Comprehensive
Host site:			
Individual:	\$200 per student	\$250 per student	\$275 per student
Group (2 or more):	\$150 per student	\$200 per student	\$225 per student

What Previous Students Have Said

“What a fantastic weekend! The material was well organized and well presented. Karin and Cari really know their stuff! I am looking forward to the rest of the modules.”

“Cari and Karin are a great team. The information was presented in a logical fashion, they answered questions thoroughly and engaged the class in discussion. They were open to alternative points of view yet clearly understood the material, and the reasons behind it, exceptionally well. They were both inspiring and fun to work with and I can't wait for the next class!”

“Both Cari and Karin are caring instructors.”

“Cari and Karin both offer so much practical, insightful info during this course. They are open and easy to talk to and clearly know their stuff.”

“Karin and Cari are both very strong teachers...clear, patient, enthusiastic and inspirational.”

“The background information on Joseph Pilates was a great addition for the first session of Anatomy. The material was presented well & liked having the visual slides as well as the audio. I appreciate the take home packet including the slides, as that will help me to remember & assist me in studying what we learned.”

“Karin & Cari are both great at presenting the material in an understandable way. They are patient with all the questions, and help anyone wanting individual assistance to "find"

the exercise within themselves. Fabulous team!! I'm definitely looking forward to learning more!"

"Cari and Karin are always such motivating trainers. They have the ability to teach you how to be a teacher, and yet not feel bad for what you may not be able to do yourself. They are inspirational and have such a vast knowledge. The BBU curriculum is top notch, and very detailed to assist as teachers are learning their practice."

"The weekend was amazing thanks to the quality of the instructors Cari Riis Stemmler and Karin Twigg! 5 stars!"

"What a fabulous weekend of training! Another great opportunity to learn from my fantastic instructors, Cari and Karin. They always present the material in an understandable way for all. I also really enjoy the detailed manual. It's great to have so many pictures and descriptions - so easy to make quick notes during training. I especially love the pre-designed programs available toward the back of the manuals. It takes a lot of guesswork out of my first few teaching sessions & allows me to get "right to work". Thank you for creating such an outstanding & comprehensive training program!"

"Cari and Karin are very professional. I have taken many seminars, postgraduate courses, etc. and I have been very impressed with their presentation of the BBU material. They are nonjudgmental, enthusiastic and create a holistic learning environment."

"Both Karin and Cari were, again, incredible. They present the exercises and information with such poise and knowledge. They are very understanding of everyone's differences, and work hard to make sure everyone feels comfortable with what they are learning."

"Karin and Cari provide a professional supportive learning environment. Teaching adult learners from so many backgrounds is challenging. They meet us at our level. Their authentic love for movement and Pilates is apparent and inspiring."

A Final Note

We believe that this program offers diversity of training, teaches critical thinking skills, and offers a balanced view of the Pilates repertoire, including classical and innovative exercises. This program will teach you the Pilates exercises on all pieces of equipment including the Mat, Reformer, Trapeze Table, Wunda Chair, High Barrel and Low Barrel. We will incorporate the classic methods of Pilates with innovative movements, modifications and variations so you are prepared to work with any client at any level. We will teach postural assessment techniques as well as safety, and how to work with people with injuries. Our intention is to support you through this intense process to become the most well-rounded teacher you can be. With our integration of anatomy, progressions, special conditions, and postural assessment along with the classical repertoire, we believe you will walk away with a wealth of knowledge to share with your clients.

We thank you for your interest in our program, and look forward to meeting you soon!

Cari Riis Stemmler and Karin Twigg

Instructor Bios



Karin Twigg

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Karin Twigg, the founder of Awaken, initially discovered Pilates while living in San Francisco. With her background in dance, Pilates was intuitive and in sync with her personal style of exercise. Karin initially received mat training from Physical Mind Institute then her full certification in The Pilates Method at A Body Prepared in West Hollywood, CA. In August of 2002, Karin moved to Minneapolis to be closer to family and by April of 2003 Awaken was open for business. Karin has done countless trainings with The Pilates Studio of Boulder, CO and went through the Gyrotonic foundation teacher training program in 2004. Karin is a faculty instructor with Balanced Body University. She enjoys creating unique programs for different client needs and abilities. Her passion is to help clients create inner strength and realize the potential their bodies have.

Karin holds a B.A. degree in Marketing from the University of Iowa.



Cari Riis Stemmler

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Cari Riis Stemmler – Balanced Body University Master Teacher; PMA Gold Certified Pilates Instructor; and NASM Certified Fitness Trainer. Cari is returning to her home state of Minnesota after living and teaching in Los Angeles for 10 years. She has been working with Core Conditioning as Teacher Training Co-Director, Studio General Manager, and Education Coordinator. She is currently teaching Instructor Training and Continuing Education workshops with Core and BBU/Pilates on Tour, around the country. Fall of 2007, she taught the first Pilates Instructor Training Course at CSUN Physical Therapy School with the Core team.

Cari has been working with the body much of her life; first as a professional dancer, then started teaching Pilates in 1997 in CA, and has been a practitioner of Ashtanga, Hatha and Anusara yoga since 1996. Cari became a Certified Fitness Trainer in 2002 and now brings all of these disciplines together to cultivate a well-rounded approach to fitness and wellness. She has a strong belief in the power of movement as a healing force, one that is capable of making positive changes to promote balance in a person's life. She also holds a B.A. degree in Cross-cultural Communication from the University of Minnesota.