



Whole Body Method Classical Pilates Certification Program

Whole Body Method Pilates Certification Programs embrace Pilates as a mind body learning experience. Our 8-month certification program, takes you on a well- planned journey to skillfully and thoughtfully learn the art of classical Pilates. Our program emphasis is to teach encourage, guide and motivate you to be conscious, connected and mindful instructor.

Whether you aspire to teach Pilates or use this method as way toward personal growth, body change or fitness, the Whole Body Method Studio creates a wonderful learning environment to make these goals achievable.

Joseph Pilates said “just be aware of your whole body at all times no matter what you do.” With the Whole Body Method we take this to heart, by creating a program that has many hours of in-depth, hands on, collaborative workshops; many more classroom hours than most other Pilates certifications.

There is also an apprenticeship part of the program, where you will gain 200 hours of hands-on experience working and connecting with clients, another 240 hours combined working with other students, self-practice, observing certified instructors and taking classes. To us, our programs are more than just a certificate; they’re about using Pilates as method for growth and life-change.

We welcome all students for certification who believe in a holistic approach to exercise. If you feel that the Whole Body Method is a good fit for you, please contact us, as our “boutique style” programs fill up fast.

What you will learn with the Whole Body Method

- Four comprehensive modules of classical Pilates using all the apparatus
- More about yourself and the mind/body connection
- How to confidently teach Pilates using language skills, touch, imagery and intuition
- Techniques for personal growth and better health
- How to design creative and classically based Pilates workouts
- The business skills of Pilates and how to become a successful instructor
- How to effectively teach group classes
- Detailed anatomy of the physical body
- Safety and use of all apparatus

Classical Program

The program is for those who wish to become a classically trained certified Pilates instructor.

Program Time/Hours

The program is 8 months. Students will mostly attend weekend workshops, with some Friday and Monday evenings.

Pre-requisites

Pre-program interview. Call 323-934-7134 to schedule interview with Course Director.
3 private Pilates sessions with the certification admissions coordinator.

We recommend that you have as much Pilates experience as possible going into the program. One way to achieve this is to work with a current student as they complete their apprenticeship hours. Training with a student is \$20 per session. As you train, you can ask questions, learn the technique and prepare for your body & mind for your certification experience.

Program Outline

4 comprehensive modules

Each Module - Hands-on-Workshops/ Lecture, Tests (approx. 28 hours per module)	Apprenticeship (440 hours total)
20 hours of hands-on workshops per module	150 hours of self-practice/ case- study
4 hours of anatomy per module	200 hours of client instruction
4 hours of testing per module (6 for final test)	30 hours taking classes
	30 hours class assisting / observation
	30 hours private training observation
Total Workshop/Lecture Hours 114	Total Apprenticeship Hours 440
Complete program 554 hours	

Students are given full access to the studio to complete the apprenticeship hours. At the beginning of the program students receive a “Program Success Guide”, which provides guidelines on how to complete these hours successfully.

Program Investment

\$3950 (payment plans available)

Excludes 3 session pre-requisite \$150 (paid separately)

Excludes final exam fee of \$175 (paid separately)

Excludes books (book list provided and students purchase before program begins)

Career Opportunities

Gaining a certification through the Whole Body Method Program gives you the confidence, unique skills and anatomical knowledge to be a well–rounded Pilates instructor. Our program graduates are working in Pilates studios, chiropractic offices, physical therapy centers and have opened Pilates studios in the U.S and abroad.