



## Pilates Unlimited Mat Teacher Training Registration Form

Dates: Friday, August 15, 2008  
 Saturday, August 16, 2008  
 Sunday, August 17, 2008  
 Times subject to change, please confirm with the Hosting Studio

Times: Fri 2pm – 8pm  
 Sat 10am – 6pm  
 Sun 10am – 6pm

**Location: Rhythm and Moves Studio**  
 2008 E Hwy 114  
 Southlake, TX 76092 Tel: (817) 251 6683

### Course Objectives

On completion of this Mat Teacher Training Course, students will be able to:

- \* Identify the names and sequencing of basic / intermediate Pilates exercises
- \* Discuss current research as it relates to core activation and control
- \* Learn, experience and teach the required fundamentals for optimal core activation
- \* Apply biomechanical principles to Pilates exercises
- \* Learn, experience and teach modifications to the exercises
- \* Discuss the benefits of verbal, visual and tactile cuing
- \* Discover and discuss how the mind can hinder or help movement
- \* Teach a Pilates class in a private or group environment

### Pre-Requisites:

To successfully complete this training course, students should be able to show the following, prior to training:

- \* A minimum of 30-40 hours participation in group mat classes, private mat instruction or workshops
- \* Ability to recognize exercises by name and adequately perform up to an intermediate level
- \* Willingness to question old perceptions
- \* Basic Anatomy: Origin and insertion of major muscle groups, planes of movement, abdominal layers and function

### Course Completion Criteria:

Full course participation ~ Successful completion of practical and verbal teaching test out ~ 75% passing grade on written exam

Name:		
Address:		
City / State / Zip:		
Phone:		Email:
Current Certifications		
Other areas of Interest		
<b>Cancellation Policy:</b>	Pilates Unlimited reserves the right to cancel or change the dates of training program, in which case you will receive a full refund, less the value of the materials provided. Student cancellations received prior to August 8 <sup>th</sup> will receive a full refund, less the \$150 deposit. Student Cancellations after August 8 <sup>th</sup> , no refund, but you will be given the opportunity to attend the next Teacher Training at no additional charge.	
<b>Your deposit will guarantee your place. Balance to be received by August 1<sup>st</sup>, 2008</b>	_____ \$150 non-refundable deposit due with registration (study materials provided upon receipt of deposit) _____ Balance \$ _____ due by August 1st 2008 <b>Total Amount due \$550</b>	
<b>Checks payable to: Pilates Unlimited</b>	<i>Test out: August 17, 2008</i> <i>Alternate Test Out Date: TBA</i> <i>\$150 re-test fee applies</i>	Email: Karen@pilatesunlimited.com for additional information about the program or call: (214) 553 8771
By signing below, I acknowledge that I have read, understand and agree to the above pre-requisites, completion criteria & payment details <b>Signature:</b>		