



Core Dynamics Pilates Teacher Training

The Core Dynamics Pilates Teacher Training Program places its focus on developing trainees to embody the Pilates method, understand human movement and to teach the Pilates method correctly to a wide variety of clientele versus just teaching the exercises or leading classes. Core Dynamics offers a unique "Boutique" program based on historical Pilates, with small class size, individual attention, mentorship experiences and highly qualified affiliate studio network.

The Teacher Training Program consists of 5 Intensive weekend educational workshops that focus on a comprehensive approach to professional teaching skills. Trainees must also participate in self-directed study and mentorship to develop skills and knowledge for teaching group mat and equipment classes and individual Pilates lessons.

As a Core Dynamics Teacher Training Program student you will learn the concept behind the Pilates system of exercises, the historical Pilates exercise repertoire, and gain a foundation in seeing and correcting posture faults and movement limitations in your clients, adapting and progressing exercises and so much more!

Equipment Training Overview

The **updated Core Dynamics format** will consist of 5 weekend intensives that cover Level I - IV exercises of the Mat, Reformer, Trap Table and Auxiliary equipment and Wunda Chair. The Pilates Teaching Technique weekend covers the Pilates principles, Client Assessment, understanding the components of human learning, Pre-cautions and Contraindications for Pilates Programming, Reassessment and Pilates professional practice.

Attendance at all 5 weekends plus observation, personal practice, assistant teaching and student teaching hours completion are required to receive a Comprehensive Pilates Teacher Training Certificate.

Core Dynamics Pilates Teaching Technique weekend offers PMA CEC's and may be taken as continuing education coursework.

Weekend I – V Training Overview

Weekend I - Pre-Pilates (Gentry) exercises, Level I on Mat, Reformer, Trap Table, Wunda Chair, Spine Corrector, Ladder Barrel, Magic Circle. Ped-o-Pul, Pilates History, Eve Gentry History, Pilates Principles, Pilates Movement Principles.

Weekend II - Level II exercises on Mat, Reformer, Trap Table, Wunda Chair, Spine Corrector, Ladder Barrel, Magic Circle, Ped-o-Pul, Client Assessment, Conscious Competence Learning Matrix.

Weekend III - Level III exercises on Mat, Reformer, Trap Table, Wunda Chair, Spine Corrector, Ladder Barrel, Magic Circle, Ped-o-Pul, Body in Movement terms, Teaching Skills, Program Design.

Weekend IV - Level IV exercises on Mat, Reformer, Trap Table, Wunda Chair, Spine Corrector, Ladder Barrel, Magic Circle, Ped-o-Pul, Pre-cautions and Contraindications for Pilates Programming, Reassessment, Pilates professional practice.

Weekend V – Integration and Development of Core Dynamics Pilates teaching technique

There will be bi-monthly Skype video mentoring calls scheduled. Each trainee will also be scheduled to have a one on one bi-monthly training check-in call. All calls hours will be counted towards the required hours minimum.

Cost:

Level I -	\$1075.00
Level II -	\$1075.00
Level III -	\$1075.00
Level IV -	\$1075.00
Level V -	\$1075.00
Final Test Out -	\$250.00

All fees include materials.

Please contact us directly via email or phone for an official catalogue about our program.

Core Dynamics Pilates Teacher Training Program is registered with the Colorado Dept. of Higher Education as an Occupational School