



COMPREHENSIVE TEACHER TRAINING PROGRAM

COURSE/MODULE	HOURS
Lecture and Self Study	100 hours. Self-study, lectures and discussion about Basic anatomy, Precautions, Special conditions and Populations and Structural Abnormalities, Pilates anatomical terms, Pilates movement Principle, Pilates Breathing and more. These 100 hours are prerequisite for all our Training Courses. These topics are for self-learning. And all topics are thoroughly discussed in studio training as well.
	HOURS IN EACH MODULE:
REFORMER TEACHER TRAINING COURSE	60 hours in studio training
MAT TEACHER TRAINING COURSE	55 hours of in-studio training
COMPLETE TOWER/TRAPEZE TEACHER TRAINING COURSE	30 hours of in-studio training.
PILATES CHAIR COURSE	25 hours of in-studio training.
LADDER BARREL TEACHER TRAINING COURSE	20 hours of in-studio training.
SPINE CORRECTOR COURSE	15 hours in-studio training.
MAGIC CIRCLE COURSE	10 hours in-studio training.



HOURS IN EACH MODULE

COMPLETE REFORMER TEACHER TRAINING COURSE	COMPLETE MAT TEACHER TRAINING COURSE
SELF PRACTICE/ATTENDANCE OF CLASSES: 15 HOURS	SELF PRACTICE/ATTENDANCE OF CLASSES: 15 HOURS
TEACHING HOURS: 15 HOURS	TEACHING HOURS: 14 HOURS
OBSERVATION HOURS: 10 HOURS	OBSERVATION HOURS: 8 HOURS

COMPLETE TOWER/TRAPEZE TEACHER TRAINING COURSE	PILATES CHAIR COURSE
SELF PRACTICE/ATTENDANCE OF CLASSES: 10 HOURS	SELF PRACTICE/ATTENDANCE OF CLASSES: 8 HOURS
TEACHING HOURS: 8 HOURS	TEACHING HOURS: 8 HOURS
OBSERVATION HOURS: 6 HOURS	OBSERVATION HOURS: 5 HOURS



HOURS IN EACH MODULE

LADDER BARREL COURSE	SPINE CORRECTOR COURSE
SELF PRACTICE/ATTENDANCE OF CLASSES 5 HOURS	SELF PRACTICE/ATTENDANCE OF CLASSES: 5 HOURS
TEACHING HOURS: 5 HOURS	TEACHING HOURS: 5 HOURS
OBSERVATION HOURS: 4 HOURS	OBSERVATION HOURS: 4 HOURS

MAGIC CIRCLE COURSE
SELF PRACTICE/ATTENDANCE OF CLASSES: 5 HOURS
TEACHING HOURS: 5 HOURS
OBSERVATION HOURS: 4 HOURS



MAT TEACHER TRAINING PROGRAM

COURSE/MODULE	HOURS
Lecture and Self Study	100 hours. Self-study, lectures and discussion about Basic anatomy, Precautions, Special conditions and Populations and Structural Abnormalities, Pilates anatomical terms, Pilates movement Principle, Pilates Breathing and more. These 100 hours are prerequisite for all our Training Courses. These topics are for self-learning. And all topics are thoroughly discussed in studio training as well.
MAT TEACHER TRAINING COURSE	55 hours of in-studio training
SELF PRACTICE/ATTENDANCE OF CLASSES:	15 hours
TEACHING HOURS	14 hours
OBSERVATION HOURS:	8 hours