

Prerequisites

Like any new skill, the beginning is often the hardest part. You must be willing to make mistakes in order to learn from them. We are very self-conscious when we begin learning a new skill, and sometimes we put more pressure on ourselves than need be. You don't have to get it right or perfect the first time! That's why this is a learning process. As Joseph Pilates said: "Rome wasn't built in a day".

To help prevent the anxiety of feeling like you're behind before you even start, we HIGHLY recommend you MUST complete 20 hours of Pilates practice on classical Pilates equipment in a structured setting. If these 20 hours are not completed at k Pilates, you must submit to us where you have practiced so that we can deem your prior experience satisfactory before beginning this intensive program. We require that you have a MINIMUM of 20 hours of Pilates apparatus experience (observation is permitted ONLY at k Pilates studio) prior to starting a certification program as intense as this one.

Also keep in mind – that as soon as you are accepted in to the program, you may begin logging your observation hours AND including your pilates sessions and classes as hour logged towards your 450 hour requirement to complete the program. You'll feel much better getting these bonus hours under your belt before the lectures begin! There is no need to wait, as the more you observe the more familiar the curriculum will become.