

Welcome

Thanks for your interest in the K Pilates teacher training program.

Our comprehensive program has been designed with careful thought to develop confident, capable and knowledgeable instructors. Although we are eager to turn out more quality instructors, we feel that this opportunity is exclusive for those who choose to take it, and therefore we keep our class sizes small, in order to help you get the most out of your learning experience.

K Pilates is a classical Pilates studio that teaches the authentic Classical Pilates technique, without adding trendy frills to dress it up. The classical technique is an art, and stays true to the authentic Pilates principles of movement and its relation to both the healthy and injured body. You will learn the levels of Pilates exercises, their modifications, as well as vital spotting techniques on all of the equipment originally designed by Joseph H Pilates.

Your training will focus on the broad picture of Pilates, and how it can most effectively help your clients, as well as the detailed technique of each exercise and why it is important. As a Pilates instructor, you will be exposed to a vast array of different client scenarios by working with clients with different body types, body awareness, ability levels, and special needs. You will learn how to progress a client through the system with respect to all of these situations. Regardless of how you choose to continue your practice after the program, you will be armed with the ability to apply what you have learned to any situation with confidence.

Our staff of instructors will be your support team throughout this process. They will be there for you along the way to answer questions and encourage you to be the best teacher you can be. We believe that the most valuable learning experiences come from immersing yourself in the process. Because of this, after you complete the intermediate level, you will be able to start apprentice teaching to broaden your experience. As long as you are willing, and inspired to learn and grow from this experience, you have the potential to become a great instructor.

This knowledge and skill will take time and dedication to learn. As you read further, you will realize that this program demands a good deal of time from you. The time is manageable, and you must remember that in order to really learn and understand the *authentic* Pilates technique, you must apply yourself and be dedicated to becoming a quality instructor.

Our goal at K Pilates is to develop the most skilled and knowledgeable instructors in the valley. Our program will qualify you to take the Pilates Method Alliance National Certification Exam, the ONLY certifying body of Pilates in the world. With this certification, you will possess the proof that you have committed to a quality training program and have learned the vital information necessary to call yourself a Certified Pilates instructor. To this day every one of our graduates that have chosen to take the test have passed the Pilates Method Alliance certification exam on their first attempt. The program director, Kendra Jordan, is one of only 150 people in the world to be PMA Gold certified, a distinction that was only given out to those who were the first to take and pass the exam before there was an official study guide for it.

Enclosed in this packet, you will find all the information necessary to apply for the program. Please read it thoroughly and complete and return the appropriate paperwork to K Pilates by the appropriate deadlines to be considered for our upcoming program. If you have any questions, feel free to contact us at (480) 840-1860, or come by the studio any time.

Welcome to K Pilates teacher training. We hope you are as excited as we are!