

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 complete 10 to 30 hours of personal training with one of our instructors here at Kendra Jordan Pilates, LLC, or at another classical studio. We require that you have a **MINIMUM** of 10 hours of Pilates apparatus experience (as a student, not a teacher) prior to starting a certification program as intense as this one. This experience does **NOT** need to be completed at Kendra Jordan Pilates, however it is helpful to have some "traditional" Pilates apparatus experience.

Also keep in mind – that as soon as you are accepted in to the program, you may begin logging your observation hours, you'll feel much better getting a few 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.