



BODY & FLOW PROGRAM OVERVIEW

Thank you for choosing Body & Flow as your partner in your Pilates education. We understand the significance of this training in your journey, and we have dedicated our efforts to develop one of the finest training programs worldwide. Our team of professionals brings decades of international teaching experience to ensure an exceptional learning experience for you.

Our objective extends beyond merely teaching you the movements. We strive to foster a deep understanding of the impact and significance of each exercise. Our aim is to expose you to the complete concept of Pilates, transforming you into a thinking teacher.

Throughout the training, you will gain a comprehensive understanding of the Pilates exercises, including modifications and variations. However, what truly sets our program apart is our emphasis on teaching skills. We focus on equipping you with the ability to create well-structured classes, choose the most effective language to communicate with your clients, and seamlessly translate your knowledge into daily teaching.

Our program offers flexibility, allowing you to progress at your own pace. You can choose to complete different modules separately, tailoring the training to your needs and schedule. Each module requires you to complete observations, assistant teaching, and personal practice hours, along with practical and theoretical tests.

One of the key factors contributing to the excellence of our program is our team of highly experienced teachers. Our instructors bring a wealth of knowledge and expertise to the training, ensuring that you receive top-notch instruction and guidance throughout your journey. They are dedicated to your growth and development as a Pilates professional.

In addition to the outstanding education you will receive, we also provide ongoing support to our students. We understand that learning and refining your skills is a continuous process, and we are here to support you even beyond the completion of the program. Whether you have questions, need guidance, or seek further resources, our ongoing support ensures that you have access to the assistance you need.

Lastly, we are proud to announce that our program is ITTAP (International Teacher Training and Accreditation for Pilates) approved. This prestigious accreditation signifies that our program meets the highest educational standards established by ITTAP. As an ITTAP approved program, we are committed to delivering exceptional quality in Pilates education.

We are thrilled to be part of your Pilates journey and look forward to guiding you towards a rewarding and fulfilling future as a Pilates professional.

“There is vitality, a life force, an energy that is translated through you; and because there is only one you in all of time, this expression is unique.”

Martha Graham



MAT I – BEGINNER & INTERMEDIATE

Immerse yourself in our beginner-intermediate mat course, offering 45 hours of engaging and interactive learning. Throughout this transformative program, you will participate in practice sessions, labs, problem-solving activities, and role plays to deepen your understanding of Pilates. From foundational movements to intermediate exercises, we will explore each with a focus on precise execution, modifications, and an in-depth understanding of anatomy.

Our course goes beyond teaching skills and expands your teaching vocabulary. We emphasize the art of spotting and correcting misalignments, troubleshooting problematic executions, addressing posture and structural issues, and using tactile cues effectively. Through extensive practice and more, our program is designed to help you unleash your creative, passionate, and compassionate Pilates teaching potential. Join us and gain the confidence and expertise to teach impactful classes, inspire your students, and make a lasting impact on their well-being.

Our program includes:

- Pilates principles: Discover how to infuse the Pilates principles into every class, bringing them to life for your students.
- Teaching fundamentals: Master the foundational exercises and progress seamlessly to beginner and intermediate levels, ensuring safe and appropriate advancement for your students.
- Class structure and adaptability: Learn effective strategies for structuring classes and adapting to accommodate various levels of fitness and experience among your students.
- Cueing, touch techniques, and teaching tips: Develop your skills in providing clear and effective cues, refining touch techniques, and gaining valuable teaching insights to support your students' progress.
- Class creation: Learn how to create well-rounded and engaging Pilates classes, incorporating modifications and variations to cater to individual needs.
- Silent practice drill: Engage in silent practice drills to enhance self-practice and deepen your understanding of the exercises.
- Daily classes with course teacher: Experience daily classes led by our experienced course instructor, further immersing yourself in the Pilates practice.
- Class settings: Acquire valuable insights and tips for teaching different types of classes, including individual sessions, group classes, and other class settings.



MAT II - ADVANCED

Welcome to our Advanced Mat Course, where we dive deeper into the world of challenging exercises that demand heightened strength, flexibility, and balance. Our primary focus will be on refining your teaching skills, breaking down advanced exercises, and progressing them to suit the unique abilities and needs of your students. Additionally, we will explore common pathologies, such as lower back pain and disc pathologies, equipping you with the knowledge and skills to work safely and progressively with students facing these conditions. This course will empower you to guide your students through challenging workouts while prioritizing safety, proper technique, and individualized attention. Enroll now and embark on an advanced journey that will elevate your teaching and empower your students to reach new heights.

Our program includes:

- Teaching advanced level mat exercises: Master the intricacies of advanced mat exercises, expanding your repertoire and expertise.
- Back and spinal issues: Gain an in-depth understanding of back issues, and learn effective strategies to address and modify exercises for students with these conditions.
- Modifications and variations: Understand the range of modifications and variations available for each exercise and develop the skills to determine when and how to utilize them appropriately.
- Silent practice drill: Engage in silent practice drills to deepen your self-practice and enhance your comprehension of the advanced exercises.
- Daily classes with course Teacher: Immerse yourself in daily classes led by our experienced course instructor, refining your personal practice and experiencing the advanced exercises firsthand.
- Refining teaching skills: Fine-tune your teaching skills, including cueing and touch techniques, allowing you to deliver clear, effective, and impactful instruction to your students.



ACCESSORIES WORKSHOP

Join us in our upcoming workshop as we delve into the world of Pilates accessories and explore their valuable contributions to the practice. Accessories serve as powerful tools in Pilates, enhancing connections, improving execution, and offering options to modify exercises for different levels of ability. In this workshop, we will focus on several popular accessories, including the magic circle, foam roller, small and big ball, and elastic band. Throughout the workshop, you will have the opportunity to practice exercises that incorporate these accessories, enabling you to experience their effects firsthand. Furthermore, we will guide you in effectively teaching these exercises, providing you with the skills to confidently incorporate them into your own classes.

Our program includes:

- Exploration of Pilates accessories: Discover the versatility and benefits of various accessories, including the magic circle, foam roller, small and big ball, and elastic band.
- Practical application and teaching practice: Engage in hands-on practice with the accessories, allowing you to deepen your understanding of their usage and refine your teaching skills by instructing others.
- Understanding the impact of accessories: Gain insight into how accessories can deepen the understanding of exercises and create variations, making them more accessible or challenging as needed.
- Appropriate use of accessories: Discuss the appropriate timing and circumstances for incorporating accessories into Pilates sessions, understanding the rationale behind their utilization.
- Safety guidelines: Explore important safety guidelines for using accessories, ensuring a safe and effective practice for both you and your clients



PILATES MAT PROGRAM

To complete our mat program you will need to complete:

1. Prerequisite
2. Mat I Course
3. Mat II Course
4. Accessories Workshop

1. Prerequisites:

Mat I: Attendance of 15 mat classes

Mat II: Attendance of 10 mat classes

Accessories: Attendance of 5 classes

Approval of the teacher

Anatomy Course (can be taken with Body & Flow or elsewhere).

2. Beginner/Intermediate Pilates Mat Course (Mat I)

Contact hours	45 hours (in class)
Observation hours	25 hours
Personal practice	10 hours
Practice teaching	10 hours
<u>Total hours for Mat I</u>	<u>90 hours</u>

3. Advanced Pilates Mat Course (Mat II)

Contact hours	30 hours (in class)
Observation hours	10 hours
Personal practice	10 hours
Teaching practice	5 hours
<u>Total hours for Mat II</u>	<u>55 hours</u>

4. Accessories Workshop

Contact hours	20 hours (in class)
Observation hours	5 hours
Personal practice	5 hours
Teaching practice	5 hours
<u>Total hours for Accessories</u>	<u>35 hours</u>

Total hours for mat program

180 hours



REFORMER COURSE

During this comprehensive 95-hour Pilates Reformer course, you will acquire the skills to effectively teach exercises at beginner, intermediate, and advanced levels, catering to both group and private settings. Our curriculum delves into the exploration of various pathologies and equips you with the knowledge to address them safely during your classes.

Throughout the course, there will be a strong emphasis on enhancing your teaching abilities and expanding your teaching vocabulary. You will develop a keen eye for spotting misalignments and problematic executions, enabling you to provide corrective guidance to your students. By prioritizing the understanding of anatomy and posture, you will learn the art of tactile cueing, utilizing touch as a powerful tool for effective teaching.

Engaging in practical exercises, interactive games, and problem-solving activities, our course aims to unlock the potential teacher within you. By nurturing your skills and providing valuable insights, we strive to equip you for a successful future in the field of teaching Pilates.

Our program includes:

- The Pilates principles and how to bring them to life throughout a class.
- Teaching fundamentals exercises.
- Beginners, intermediate and advanced level exercises on the reformer.
- Emphasis on how to progress the students in a safe, appropriate way.
- Ways to structure a class knowing how to adapt for different levels.
- Learn how to use the apparatus safely.
- Silent practice drill to enhance self-practice and better understanding of the exercises.
- Daily classes with the course's teacher.
- Learn the modifications and variations for each exercise and when to use them.
- Cueing, touch techniques and teaching tips to support the students.
- Learn about Osteoporosis and how to address it in class.
- Learn about common spinal issues and how to address them in class.
- Learn how to assess posture, strength, and flexibility in students.
- Understand the classical order of the exercises and way to diverse and adapt it.
- Improve multitasking skills in teaching and moving.
- Tips on teaching the first classes, group classes and other class settings.



CADILLAC COURSE

Embark on an enriching 55-hour Cadillac course that delves into the beginner, intermediate, and advanced exercises. Our curriculum goes beyond the basics, providing you with valuable insights into modifications and adaptations necessary for today's diverse population.

During the course, we will take a focused approach to understanding the feet, exploring their anatomy, special exercises, and common pathologies. Additionally, we will explore the fascinating world of fascia and its pivotal role in movement.

Furthermore, we understand the importance of the business aspect for Pilates teachers and studio owners. Therefore, we will dedicate some time to discussing key considerations and strategies to support you.

Join us and elevate your Pilates experience to new heights as you expand your expertise, gain valuable insights, and unlock the potential for growth in both your teaching practice and business ventures.

Our program includes:

- Teaching beginner, intermediate and advanced level exercises on the Cadillac.
- Deepen your understanding about the anatomy of the foot.
- Learn exercises to enhance connection to the feet.
- Learn about the fascia' and its' importance for the moving body.
- Learn the modifications and variations for each exercise and when to use them.
- Silent practice drill to enhance self-practice and better understanding of the exercises.
- Daily classes with the course's teacher.
- Refine your teaching skills such as cueing and touch techniques.
- Learn about the business side of being a Pilates teacher/studio owner.

CHAIR WORKSHOP

Join us for an enriching training experience where you will enhance your exercise repertoire on the chair and master the art of teaching dynamic and rhythmic workouts in small group settings. Through our program, you will gain the skills to confidently lead challenging chair classes using straightforward guidelines and user-friendly recommendations. Prepare to discover the chair in entirely new ways as you immerse yourself in this transformative workshop.

Our workshop welcomes both Pilates enthusiasts and professionals, offering a valuable opportunity for growth and development. For those pursuing certification, please note that a final practical exam will be administered as part of the course requirements.

Don't miss out on this incredible chance to elevate your understanding of the chair and revolutionize your teaching approach. Join us and unlock the full potential of this versatile apparatus like never before.



BARRELS WORKSHOP

Discover the immense benefits of utilizing the versatile Pilates barrels to enhance strength, balance, spinal flexibility, and core support. In our training, you will learn various techniques to effectively incorporate these unique tools into your practice. By integrating familiar mat and apparatus exercises on the arcs, you can seamlessly integrate barrel work into both group and private classes, making it accessible to individuals of all levels, from beginners to seasoned professionals.

This course is open to both Pilates enthusiasts and professionals seeking to expand their knowledge and skills. For those pursuing certification, please note that a final practical exam will be conducted as part of the course requirements.



PILATES APPARATUS PROGRAM

To become fully certified in our apparatus program, you will need to complete:

1. Prerequisites
2. Reformer Course
3. Cadillac Course
4. Chair & Barrels Workshop

1. Prerequisites:

Reformer course: Attendance of 15 reformer classes, of which at least 5 of which are taken as privates.

Cadillac course: Attendance of 10 Cadillac classes

Chair and barrels: Attendance of 5 chair and barrels classes (in total)

Approval of the course's teacher.

Taking an Anatomy Course (can be taken with Body & Flow or elsewhere).

Recommended - completion of a Pilates Mat program (either with Body & Flow or elsewhere).

2. Reformer Course

Contact hours	95 hours (in class)
Observation hours	45 hours
Personal practice	35 hours
Assistant teaching	35 hours
<u>Total hours for Apparatus I</u>	<u>210 hours</u>

3. Cadillac Course

Contact hours	55 hours (in class)
Observation hours	20 hours
Personal practice	10 hours
Teaching practice	10 hours
<u>Total for Apparatus II</u>	<u>95 hours</u>

4. Chair and Barrel Workshop

Chair Contact hours	15 hours (in class)
Barrels Contact hours	20 hours (in class)
Observation hours	5 hours
Personal practice	5 hours
Teaching practice	5 hours
<u>Total for Barrels</u>	<u>55 hours</u>

Total hours for Apparatus Program **360 hours**

Total hours for Comprehensive Pilates Course **600 hours***

* Included all hours and requirements.



Online Access:

Each course registration will entitle student for access to the related materials on our website, where we offer a wide variety of exercises, articles and lesson plans.

Final Exam:

No later than two weeks from the end of the course.

The final exam consists of:

Theory exam (multiple choice and open questions).

Teaching assigned exercises.

A silent drill - done as a tool of progression for the student and for personal feedback and growth.

The teacher trainer will contact you no later than 10 days after the exam and will inform you of the results.

Observation Hours:

Observing classes taught by an experienced teacher is a powerful tool to deepen the understanding of class structure, flow, verbal cues and 'hands on'. For each course there is a required number of observation hours to attend.

Personal Practice Hours:

Through personal practice you will get to understand the exercises in your own body and that will enhance your ability to deliver them safely and clearly.

Practice Teaching and Assistant Teaching Hours:

Practice teaching and assistant teaching are crucial for your success as a Pilates instructor. These experiences allow you to build confidence, connect with real students, and gain practical knowledge. Whether it's teaching a friend or assisting an experienced teacher, these opportunities help you refine your skills, learn different teaching styles, and gradually transition to solo teaching. Embrace these experiences to develop your unique teaching style and build a supportive network within the Pilates community.

Completing the Hours:

Mat I and II: Two months since the end of the course.

Reformer: One year since the end of the course

Cadillac: Three months since the end of the course.

Upon completing the hours, Student will submit the necessary papers. After passing the exam successfully and submitting the documents of logged hours, students will receive their certificate.



Repeating a Course:

Our students enjoy the privilege of repeating courses at no extra cost at any location in the world.

Continuing Education:

Although there is no expiration date on the certificate, we highly recommend you will never stop learning. We offer continuing education and courses and will be happy to see you with us for additional courses.

Program at a Glance

	Anatomy	Mat I	Mat II	Accessories	Reformer	Cadillac	Barrels	Wunda Chair
Prerequisites	1. Approval from QTT*	1. 15 Pilates mat classes 1. Approval from QTT* 3. Anatomy Course**	1. Mat I completion 2. 10 Pilates mat classes 1. Approval from QTT*	1. Pilates experience 2. Approval from QTT*	1. 15 reformer classes (5 PR) 2. Approval from QTT* 3. Anatomy Course** 4. Mat I completion	1. 10 cadillac classes 1. Approval from QTT* 3. Anatomy Course** 4. Mat I completion	1. Pilates experience 2. Approval from QTT* 3. 5 classes (total)	1. Pilates experience 2. Approval from QTT* 3. 5 classes (total)
Requirements	1. 100% attendance 2. Passing exam	1. 100% attendance 2. Passing exams 3. Completing HW and all of required hours	1. 100% attendance 2. Passing exams 3. Completing HW and all of required hours	1. 100% attendance 2. Completing HW and all of required hours	1. 100% attendance 2. Passing exams 3. Completing HW and all of required hours	1. 100% attendance 2. Passing exams 3. Completing HW and all of required hours	1. 100% attendance 2. Completing hours	1. 100% attendance 2. Completing hours
1 Contact Hours	15	40	24	20	88	48	20	15
2 Observation Hours		25	10	5	45	20		5
3 Self Practice Hours		10	10	5	35	10		5
4 Practice Teaching Hours (Solely)		5	5	5	25	5		5
7 Student is observed					15			
6 Assisted Teaching		5	0	0	10	5		0
5 Classes with QTT		10	10	0	15	10		5
8 Mentoring					2			
9,10 Exam					8			
Hours by Course	15	95	59	35	218	98	20	30
Total Accumulating Hours	15	110	169	204	422	520	540	570
							all together	600

* after a conversation and a class with a QTT

** with Body & Flow or elsewhere, upon QTT approval

Standard	Activity	Total hours	Comments
1	Course hours	270	
2	Total Observation	110	
3	Total Self Practice	75	
4	Total Practice Teaching	50	
5	Classes with QTT	50	
6	Assisted teaching	20	
7	Student being observed	15	
8	Mentorship	2	
9 and 10	Exam	8	
		600	