

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	