

COURSE	COURSE DESCRIPTION	PREREQUISITES	MATERIALS	EXAMINATION	CERTIFICATION and/or CERTIFICATE OF COMPLETION	CONTINUING EDUCATION CREDITS
<b>INITIATION 101</b>	Learn to teach the 25 Classic Pilates Mat Exercises & 8 Advanced Versions with our own 17 Fundamentals	20 Mat Classes	<b>Bodymind DVD Anatomy of Pilates Initiation 101 Handout Initiation 101 Test</b>	Written Test discussed by Certifying Instructor	Certifying Instructor provides Letter of Completion and/or ACE/AFFA credits	NONE This is an Intro course.
<b>INITIATION 201</b>	Learn 10 New Advanced Fundamentals & 22 Exercises reconfigured for Standing Pilates™	<b>Initiation 101</b> Course or Pilates Mat Teaching Experience	Tye4® Harness Standing Pilates DVD	Practical/Written Test given by Certifying Instructor - Pass/Fail status issued	Certifying Instructor provides Certificate	1 CEC choice every 2 years from initial Certification date
<b>INITIATION 301</b>	Learn a new Brain Fundamental and 20 Pilates exercises which involve spinal rotation in a fluid, continuous sequence.	Any Mat Certificate	Tye4® Harness Handout on Web	NONE	Certifying Instructor provides Letter of Completion	NONE This is a CEC course.
<b>CONCENTRATION 101</b>	Learn to teach the Original Pilates Exercise Protocols on all the apparatus. - 285 hrs in 10 week course: 48 hrs observation 40 hrs Lecture 60 hrs Homework 75 hrs Assistant Teaching	Initiation 101 Course & 10 Apparatus Sessions	<b>Concentration 101 Apparatus Manual Deconstructing the Reformer DVD The Cadillac Encyclopedia Cadillac Choreography DVD The Chair Encyclopedia Auxiliary Equipment Encyclopedia The Body Biz</b>	Practical & Written Test 9-12 months after completion of <b>Concentration 101</b> . - Test locations in NY, LA, Chicago, Toronto, and Albuquerque.	Associate Certificate awarded after completion of 10 week course. - Apparatus Certification Diploma awarded after supervised test out	2 CEC Choices required every 2 years from initial certification date to maintain Teacher Certification and receive Renewal Document
<b>CONCENTRATION 201</b>	Learn to teach the Standing Pilates Exercises on all Pilates Apparatus. Emphasis on function and balance. <b>Third Level</b> Technique	Apparatus Certification & Anatomy of Pilates Book	<b>Concentration 201 Handout</b>	NONE	Certifying Instructor provides Letter of Completion	NONE This is a CEC course.
<b>CONCENTRATION 301</b>	Learn to train clients with impairments and injuries. Course focuses on healthy joint movement and correct muscle action.	Apparatus Certification	<b>Pilates Protocols Book</b>	NONE	Certifying Instructor provides Letter of Completion	NONE This is a CEC course.

**Teachers need to keep track of their CEC completion. Email us when appropriate so that we can renew your certification for another two years. We will send you a Renewal Document for professional insurance purposes.**