

# Balanced Body® Education

COURSE OVERVIEW



Balanced Body® is your partner in mind body fitness. We work with the best educators in Pilates and related disciplines to provide learning opportunities that are stimulating, personal and deeply rooted in the art and science of movement. Learn and grow with programs that develop your mind, your body and your career.

From instructor training to our renowned Passing the Torch™ mentorship and Pilates on Tour® conferences, we are committed to supporting your personal and professional growth.

## Balanced Body® Education Programs

Whether you are starting your teaching journey or looking for inspiration along the path, Balanced Body is here to provide you with the information and guidance you need. With over 200 educators worldwide, we can help you become a top notch Pilates instructor, a ground breaking CoreAlign teacher or expand your skills through continuing education workshops and conferences. Our goal is to help you become a confident, creative and inspiring teacher.

### » Pilates Instructor Training

- › Balanced Body Mat Instructor Training
- › Balanced Body Reformer Instructor Training
- › Balanced Body Apparatus Instructor Training

### » Pilates on Tour® Conferences

- › Passing the Torch™, Exclusive Pilates Mentorship
- › Balanced Body Workshops
- › CoreAlign® Instructor Training

For more about where and when our classes are offered, in the US and around the world, please visit our Education Finder® at [pilates.com/education-finder](https://pilates.com/education-finder).

# Balanced Body® Pilates Instructor Training

Our Pilates instructor training program will open your mind to the magic of movement and the joy of teaching.

Our faculty are experienced, caring and passionate Pilates instructors from a wide variety of backgrounds. Their rich diversity of experience and perspectives allow us to offer courses appropriate for studio, fitness and rehabilitation environments.

Our curriculum is rooted in the classical work with branches that reach into every corner of the Pilates family tree.

You will learn the work that Joseph Pilates taught as well as variations and modifications developed in response to scientific advances and the needs of today's student for work that is safe, effective and fun.

Our locations are global. Balanced Body offers courses at over 120 locations worldwide through our Balanced Body Host Sites, or we can bring an instructor to you by offering an On-Site training course at your facility. Balanced Body is committed to working internationally and our manuals are available in multiple languages including Italian, French, Spanish, Russian, Chinese (Mandarin) and Japanese.

## HOW THE PILATES INSTRUCTOR TRAINING PROGRAM WORKS

Becoming a Pilates instructor takes time and effort. Balanced Body has designed our world renowned program to make the process easy to understand, flexible and affordable.

Modules are taken in sequence to complete the Mat, Reformer or comprehensive Pilates training program and additional hours of practice are required before you can test out and receive a certificate of completion. Depending on your goals, you can take the modules individually or in sequence and you can take as long as you need to complete the program.

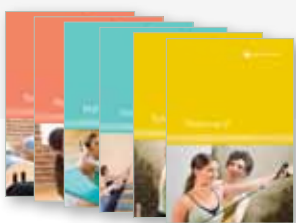
Every module includes a certificate of completion for that course. The module certificates establish you as a Balanced Body student teacher. Additional personal practice, observation and student teaching hours are required to become a fully qualified Balanced Body Pilates Instructor.

The three levels of Pilates Instructor training within Balanced Body are:

- » Balanced Body Mat Instructor
- » Balanced Body Reformer Instructor (includes Mat)
- » Balanced Body Pilates Instructor  
Enables you to teach the complete Pilates repertoire on the Mat, Reformer, Trapeze Table, Chair, Barrels and Small Apparatus.

## INSTRUCTOR TRAINING DVDS

Optional Pilates Instructor Training DVDs are now available for every Balanced Body Pilates training module. Valuable additions to your library, use them to review exercises, refresh your understanding of the fine points and create new programs for your clients.



## EDUCATION PREREQUISITES

To be the best Pilates instructor possible, personal practice with Pilates, experience teaching movement and a solid foundation in Anatomy are essential.

The minimum prerequisites for each program are as follows:

Mat instructor training

- » 20 Pilates Mat classes
- » 1 year movement teaching experience
- » Anatomy is highly recommended

Reformer and Comprehensive instructor training

- » Pilates Mat instructor training
- » 30 Reformer or Apparatus based sessions
- » 2 years of movement teaching experience
- » Successful completion of the Anatomy requirement

To fulfill your anatomy requirement, you have several options:

- » Satisfactorily complete the Balanced Body anatomy course or equivalent
- » Show proof of college level anatomy course or equivalent
- » Have a Bachelor's degree or higher in physical therapy, athletic training, kinesiology, biomechanics, dance, physical education or a related field.

## JOB BOARD

Balanced Body's Pilates Job Board is dedicated to connecting Pilates professionals with top employment opportunities.

At [pilates.com/jobboard](http://pilates.com/jobboard), you can post a job or search for one worldwide.



PREREQUISITE	Introduction to Anatomy 14 hrs		
MAT	Mat 1 : 16 hrs Introduction to Pilates & Beginning/ Intermediate Exercises	Mat 2 : 16 hrs Intermediate/Advanced Exercises	
REFORMER	Reformer 1 : 18 hrs Introduction to the Reformer & Beginning Exercises	Reformer 2 : 16 hrs Intermediate Exercises	Reformer 3 : 14 hrs Advanced Exercises
APPARATUS	Trapeze Table / Cadillac or Tower : 18 hrs or Apparatus 1 : 14 hrs	Pilates Chair : 14 hrs or Apparatus 2 : 12 hrs	Pilates Ladder Barrel, Step Barrel, & Small Equipment : 6hrs or Apparatus 3 : 12 hrs

## INTRODUCTION TO ANATOMY FOR PILATES AND MOVEMENT TEACHERS

*Strongly recommended for Mat. Required for equipment training unless you have already taken anatomy.*

This course provides an introduction to the key elements of the musculoskeletal system including the bones, joint structure and function, and the primary muscles involved in movement. Balanced Body Anatomy is specifically geared toward Pilates and movement teachers and includes practical exercises on the functions of the muscles and joints allowing you to embody the information more effectively. Balanced Body Anatomy may be taught using traditional methods or as an Anatomy in Three Dimensions™ workshop depending on the resources of the training studio.

# Balanced Body® Mat Instructor Training

## MAT 1 AND MAT 2 INSTRUCTOR TRAINING MODULES

Pilates Mat work is the foundation of Pilates and provides a great full body workout. The Balanced Body Mat program includes the full repertoire of Pilates exercises, along with modifications and variations designed to make your program successful for a wide range of clients.

By focusing on the principles underlying the Pilates method, we give you the power to be a creative, inspiring and transformative teacher.

The Balanced Body Mat Instructor Training Program includes:

- » Exercise instruction in pre-Pilates and the complete Mat repertoire
- » Comprehensive manuals consistent with current national standards
- » Cueing, coaching and teaching tips
- » Safety information for teaching older adults, pre- and post natal women, and clients with back, knee, neck and shoulder conditions
- » Tips on teaching successful group programs
- » Optional DVDs illustrating each exercise in detail

## MAT 1 (16 HOURS)

Introduction to Pilates & Beginning/Intermediate Exercises

*Prerequisites: 1 year experience teaching movement and 20 Pilates Mat classes.*

Mat I includes an introduction to the history and principles of Pilates, pre-Pilates, beginning and intermediate level exercises with modifications, lectures on class order and programming in a group setting, and guidelines for teaching seniors and pre/post-natal classes.

## MAT 2 (16 HOURS)

Intermediate/Advanced Exercises

*Prerequisite: Mat 1.*

Mat 2 includes the remaining intermediate and advanced level exercises and class sequences.

## REQUIREMENTS FOR BALANCED BODY MAT INSTRUCTOR CERTIFICATE OF COMPLETION

To become a fully qualified Balanced Body Mat Instructor, students must complete the following:

- » Anatomy (strongly recommended)
- » Balanced Body Mat 1 - Course work and tests (16 hours)
- » Balanced Body Mat 2 - Course work and tests (16 hours)
- » 25 Mat personal sessions and 45 student teaching hours or
- » 20 Mat personal sessions, 15 observation hours and 35 student teaching hours
- » Final written and practical test

Total hours for completion of Mat program:  
102 hours (not including anatomy).

Upon completion of all requirements, a certificate of completion as a Balanced Body Mat Instructor will be issued.



# Balanced Body® Reformer Instructor Training

The Pilates Reformer is an extraordinarily flexible piece of exercise equipment allowing resistance and support for exercises involving every part of the body. Our program gives you a thorough understanding of how to use the Reformer to develop core and extremity strength, stability, flexibility, coordination and balance. The wide range of exercises provides a stimulating and fun workout for clients at any level of ability.

## INCLUDED

The Balanced Body Reformer Program includes:

- » Exercise instruction in the traditional Pilates Reformer repertoire along with modifications and additional exercises
- » Comprehensive manuals consistent with current national standards
- » Sample programs and classes for all levels
- » Cueing, coaching, safety and teaching tips
- » Instruction in observing, analyzing and correcting posture and movement imbalances
- » Guidelines for teaching older adults, pre- and post-natal women, and clients with back, knee, neck and shoulder conditions
- » Equipment safety and maintenance
- » Optional DVDs illustrating each exercise in detail

## REFORMER 1 (18 HOURS)

Introduction to the Reformer & Beginning Exercises

*Prerequisites: 2 years experience teaching movement, anatomy, and 30 Pilates Reformer classes or personal training sessions. Pilates Mat instructor training is required.*

Reformer 1 includes an introduction to the Pilates Reformer including set up and safety, beginning exercises, program sequencing and teaching tips for group classes. By the end of the course you will be able to teach a beginning Reformer group class or personal training session.

## REFORMER 2 (16 HOURS)

Intermediate Exercises

*Prerequisite: Reformer 1*

Reformer 2 includes intermediate exercises designed for group and individual instruction. Teaching successful classes to clients at different levels of ability and clients with physical limitations are emphasized. Sample programs for a variety of clients are included.

## REFORMER 3 (14 HOURS)

Advanced Exercises & Sports Specific Programs

*Prerequisite: Reformer 2*

Reformer 3 training includes the advanced Reformer exercises, plus sports specific programming tips and strategies for teaching the more challenging exercises safely and effectively. Advanced level programming is included to challenge any client.

## REQUIREMENTS FOR BALANCED BODY REFORMER INSTRUCTOR CERTIFICATE OF COMPLETION

To become a fully qualified Balanced Body Reformer Instructor, students must complete the following:

- » Anatomy
- » Balanced Body Mat Instructor training or equivalent (102 hours)\*
- » Balanced Body Reformer 1 - Course work and tests (18 hours)
- » Balanced Body Reformer 2 - Course work and tests (16 hours)
- » Balanced Body Reformer 3 - Course work and tests (14 hours)
- » 50 Reformer personal sessions and 100 student teaching hours or
- » 30 Reformer personal sessions, 30 observation hours and 90 student teaching hours
- » Final written and practical test

Total hours for completion of Reformer program: 198 hours (not including anatomy).

Total hours for completion of Mat and Reformer program: 300 hours.

Upon completion of all requirements, a certificate of completion as a Balanced Body Reformer Instructor will be issued.

*\* If Mat instructor training is not through Balanced Body, purchase of the Mat 1 and Mat 2 manuals is required.*



We highly recommend the Pilates IQ® Reformer from Balanced Body if you need a personal Reformer to facilitate completion of your Reformer training hours. It's economical, easily stored, and packed with many professional features.

See it at [pilates.com](http://pilates.com).

# Balanced Body® Apparatus Instructor Training

Trapeze Table/Cadillac, Tower, Chair, and Barrels Instructor Training Modules: the Trapeze Table/Cadillac (or Tower), Chair and Barrels complete the Pilates exercise system. Each of these pieces of equipment add an extra dimension to your private or group work.

## INCLUDED

The Balanced Body Apparatus program includes:

- » Exercise instruction on the Trapeze Table or Tower, Chair, Ladder Barrel, Step Barrel and small apparatus
- » Comprehensive manuals consistent with current national standards
- » Cueing, coaching, safety and teaching tips for clients at different levels of ability
- » Guidelines for creating programs incorporating the complete Pilates system
- » Equipment safety and maintenance
- » Optional DVDs illustrating each exercise in detail

Students seeking a comprehensive certificate of completion can elect to take either the Trapeze Table/Cadillac or Tower modules. You do not need to take both.

## TRAPEZE TABLE/CADILLAC (18 HOURS)

*Prerequisite: Reformer 2 or equivalent*

Trapeze Table training includes instruction on equipment safety and set up, exercises for beginning through advanced level clients, and incorporating the exercises into a complete workout for Pilates personal training or circuit training classes. The Trapeze Table is excellent for teaching the principles to new clients, refining movement patterns for post rehabilitation and challenging your most advanced students.

## TOWER (18 HOURS)

*Prerequisite: Reformer 2 or equivalent*

Reformer with Tower training includes instruction in how to teach the Tower and Wall Tower exercises safely and effectively in personal training and small group settings. The Tower program includes instruction in many of the traditional exercises, as well as additions designed for a fitness setting. Applications and programs for personal training and group classes are included.

## PILATES CHAIR MODULE (14 HOURS)

*Prerequisite: Reformer 2 or equivalent*

Pilates Chair training includes an introduction to the Pilates Combo, EXO™ and Wunda Chairs, as well as instruction on the complete repertoire for beginning, intermediate and advanced levels. Using the Chair for sports specific conditioning along with programming for personal training and group classes is included.

## PILATES BARRELS (6 HOURS)

*Prerequisite: Mat 2 or equivalent*

The exercises for the Step Barrel and Ladder Barrel are covered in detail along with applications for personal training and group classes.

The modules can be taken individually as shown or offered as a mixed apparatus training course (Apparatus 1, 2 and 3) depending on the Host Studio. If you choose to take Apparatus 1, 2 and 3 you will be required to purchase all three apparatus manuals when signing up for Apparatus 1.

## APPARATUS 1 (14 HOURS)

*Prerequisite: Reformer 2 or equivalent*

## APPARATUS 2 (12 HOURS)

*Prerequisite: Reformer 2 or equivalent*

## APPARATUS 3 (12 HOURS)

*Prerequisite: Reformer 2 or equivalent*



# Balanced Body® Requirements for Completion

## REQUIREMENTS FOR BALANCED BODY PILATES INSTRUCTOR CERTIFICATE OF COMPLETION

To become a fully qualified Balanced Body Pilates Instructor, students must complete the following requirements:

- » Anatomy
- » Balanced Body Mat Instructor training or equivalent (102 hours)\*
- » Balanced Body Reformer Instructor training (198 hours)
- » Balanced Body Trapeze Table/Cadillac (or Tower) course work and tests (18 hours)
- » Balanced Body Chair course work and tests (14 hours)
- » Balanced Body Barrels course work and tests (6 hours) or
- » Apparatus 1, 2 and 3
- » 45 Personal sessions and 105 teaching hours or
- » 35 Personal sessions, 20 observation hours and 95 teaching hours
- » Final written and practical test

Total hours for completion of Trapeze Table/Cadillac (or Tower), Chair and Barrels: 188 hours (not including anatomy).

Total hours for completion of full program: 488 hours.

## PERSONAL SESSIONS

Students can count any classes or Pilates personal training sessions they have already taken. Developing and committing to a personal Pilates practice is an essential part of becoming an effective and inspiring instructor.

## OBSERVATION HOURS

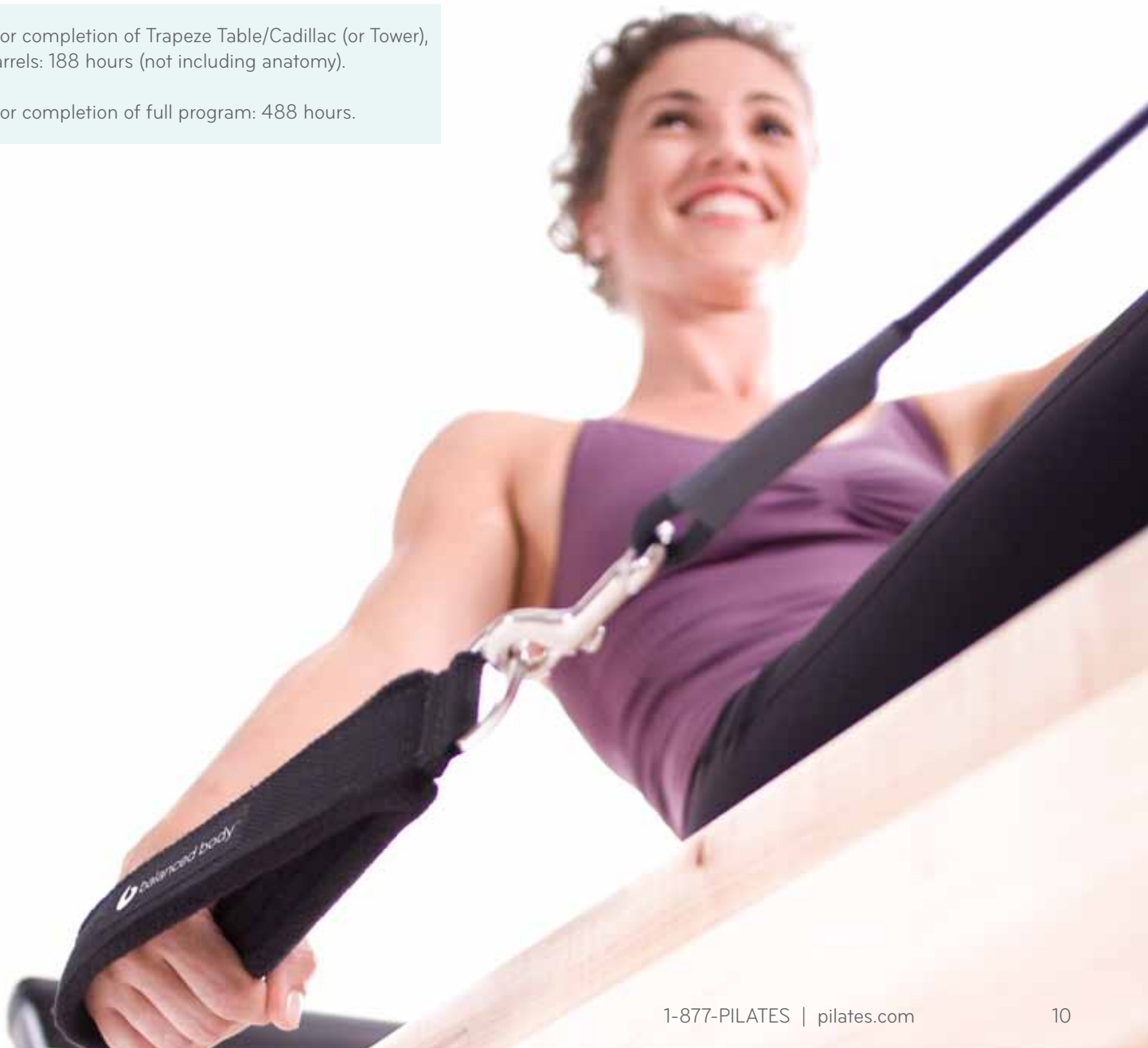
Observation hours include watching experienced instructors teach group classes or private sessions. Our Instructor Training DVDs may also be used for observation hours.

Observation is a great way to understand verbal and manual cueing, program sequencing and to hone your teaching skills.

## STUDENT TEACHING HOURS

Teaching hours include any Pilates teaching either as an employee at a fitness center or studio or for family and friends.

*\* If Mat instructor training is not through Balanced Body, purchase of the Mat 1 and Mat 2 manuals is required.*



# Balanced Body® Final Exam

Once you have completed all required Mat, Reformer and/or Apparatus course work and hours, you must pass a written and practical exam demonstrating your teaching ability. Exams will be regularly scheduled at Balanced Body Host Sites and at trade shows and conferences in different parts of the world. If you are not able to test out due to geographical challenges, testing out by video may be arranged. Students completing only the Mat program can test out after Mat. Students completing Mat and Reformer or just Reformer can test out after Reformer. Students completing the full program will test out after completing all of the modules and additional hours.

## THE PRACTICAL EXAM

The Balanced Body practical exam consists of a written exam and observation of a session with a client or a class. Once you have completed all hours and are ready to test out, fill out and send the test out application available at [pilates.com](http://pilates.com) to the Balanced Body office. Balanced Body reviews your records, approves a test out and sends specific details to you.

During the exam your teaching skills will be evaluated in the following areas:

- » Correct set-up and execution of the exercises
- » Client safety
- » Appropriate sequencing
- » Appropriateness of the exercises to the client or class
- » Understanding and application of the principles
- » Cueing and the ability to communicate with your client or class

If you do not pass on the first try, Balanced Body will discuss what you need to focus on in order to pass and set up a time line for completion.

## FINAL TEST FEES

A fee is charged for final test-out.

Test outs are available by appointment at Balanced Body host sites and Pilates on Tour conferences, or we can send an instructor to your facility.

The amount of the fee depends on the location of the test and on the number of students attending.

Upon completion of all requirements, a certificate of completion as a Balanced Body Mat, Reformer, or Pilates Instructor will be issued.

## PILATES METHOD ALLIANCE CERTIFICATION EXAM

Our curriculum meets national guidelines and is designed to prepare you for the Pilates Method Alliance (PMA) certification exam, which can be taken upon completion of the full program.

## CONTINUING EDUCATION REQUIREMENTS

Sixteen hours of continuing education every 2 years are required to maintain your status as a Balanced Body Pilates instructor. Continuing education credits can be earned through workshops from Balanced Body or any of our affiliated educators or approved continuing education providers.

## ADDITIONAL COSTS

All published prices for Balanced Body courses include the course fee and manuals only. The cost of personal sessions and any costs associated with completing observation and student teaching hours are not included in the cost of the training program and are the responsibility of the student. Successful completion of the program does not guarantee employment.

## BALANCED BODY BRIDGE PROGRAM

If you would like to be a Balanced Body Pilates instructor but have completed some or all of your training through another Pilates educator, you may be eligible for the Balanced Body Bridge program. For an application and more information, please visit [pilates.com](http://pilates.com) or contact us at (877) PILATES (877-745-2837).

# On-Site Training

Interested in offering Balanced Body® Pilates instructor training at your facility? Balanced Body can bring our world class educational program to you!

Balanced Body courses are modular and progressive, allowing you to get started quickly, and then grow your program as far as you desire.

Setting up a class is easy. Decide what courses you want to offer, give us a call and we'll help you set the date, select the right instructor, and in some cases even advertise your course on our Education Finder®. We can provide on-line registration and a toll-free number to make signing up as easy as possible.

Classes may be “open” or “closed”. Open classes are listed on the Education Finder® and are open to the general public. Closed classes are not listed and are reserved for your students.

Class fees can be paid by students as they sign up, or directly by the fitness center or studio.

If you are starting or expanding your Pilates program, we can put together an equipment and education package tailored to fit your needs.

## THE COST OF EACH MODULE\* INCLUDES:

- » Instructor teaching fee
- » Instructor travel, lodging and incidental expenses (for courses in the Continental US)
- » Sales support from the Balanced Body sales team
- » Course graduates receive a discount at Pilates on Tour® events and Balanced Body® equipment (where applicable)

Balanced Body courses are designed to provide you and your staff with all the necessary training and support for a successful Pilates program.

*\*Manuals are additional.*



# Balanced Body Continuing Education Workshops

Interested in offering continuing education at your studio or fitness center? Balanced Body will work with you to set up a program targeted to your needs, provide instructors and even help market the event on our Education Finder®. Call today to find out how to get started.

## PILATES EXO® CHAIR (6 OR 12 HOURS)

*Prerequisite: 2 years experience teaching movement*

The EXO Chair combines all the functions of a traditional Pilates chair with elastic tubing (the Functional Resistance Kit) to create the ideal all-in-one workout system. The Balanced Body EXO instructor training program can be taught as a 12-hour course which includes instruction in beginning through intermediate Chair exercises as well as the use of the functional resistance kit, or as a 6-hour course for experienced Chair teachers who just need instruction in the elastic tubing exercises. Programming for a variety of group classes is included.

## PILATES ARC® (4 OR 6 HOURS)

*Prerequisite: Mat 1 or equivalent*

Add challenge and variety to your Pilates Mat class with the new lightweight Pilates Arc. Increase your abdominal work and expand your repertoire with this great new toy. 4 hour class includes just the Arc exercises, 6 hour class includes Arc on the Reformer exercises as well.

## RING AROUND THE WORLD (3 HOURS)

*Prerequisite: Mat 1 or equivalent*

The magic circle or ring is an original invention of Joseph Pilates that adds challenge to any Mat class. Learn the full repertoire, class sequences and fun ways to incorporate this inexpensive tool into your program.

## SMALL BALL MAGIC (3 HOURS)

*Prerequisite: Mat 1 or equivalent*

Small balls can be used in a surprising variety of ways to add challenge, interest and fun to your Mat classes. Balls can increase proprioception and alignment, assist in engaging the core, and add balance and stability challenges. This is one of the most inexpensive ways to add variety to your classes.

## RESIST AND REFORM (3 HOURS)

*Prerequisite: Mat 1 or equivalent*

Elastic tubing and bands bear a remarkable resemblance to the springs Joe Pilates used on his apparatus. Incorporating bands into a Mat class allows you to increase upper and lower body work, add resistance to basic Mat exercises and introduce Reformer repertoire into your classes.

## ROLLING FOR LENGTH, ROLLING FOR STRENGTH (3 HOURS)

*Prerequisite: Mat 1 or equivalent*

The 6" foam roller adds balance and stability challenges to your classes. It is also a great tool for myofascial release and self massage. Your students will love it!

## ORBIT™ (6 HOURS)

*Prerequisite: Mat 1 or equivalent*

Roll fun new circular and linear moves into your classes or personal training sessions. Full-body Orbit workouts enhance flexibility, stability, strength, balance and coordination. Challenge your students with new standing, seated, all fours, plank, prone and supine exercises.

## ANATOMY IN THREE DIMENSIONS™ (14 OR 21 HOURS)

*Prerequisite: Appropriate for all levels*

A wonderful way to learn the basics of musculoskeletal anatomy. Build all the major muscles of movement in clay on a specially designed skeleton called a Maniken®. Learn the structure and function of bones, joints, muscles, tendons, ligaments and nerves as well as the origin, insertion and action of the muscles. This course emphasizes muscles and joints from the knees through the shoulders, focusing on muscle function and specific exercises for each muscle group that will help apply your knowledge to movement.

# Balanced Body Continuing Education

In addition to our Pilates instructor training program, Balanced Body offers exceptional continuing education opportunities with conferences and mentorships:

## Pilates on Tour®

Around the world, Pilates on Tour® conferences set the standard for high quality continuing education. Past Pilates on Tour instructors include Pilates Elders Mary Bowen, Ron Fletcher, Kathy Grant and Lolita San Miguel, as well as over 50 master teachers from every part of the Pilates universe.

Small classes, excellent instructors and plenty of equipment give you the opportunity to really absorb what you learn. Whether you are looking for new exercises, great group programming, improving your teaching skills or tips on growing your business, Pilates on Tour® will inspire you to mastery.

Treat yourself to the warmest, friendliest Pilates conferences in the country and enjoy a weekend of learning, networking and fun.

Come see what everyone is talking about!

## Passing the Torch™ Exclusive Pilates Mentorship

Passing the Torch is designed for experienced Pilates teachers who long for a deepening of their work through in-depth study with a Master Teacher. Balanced Body has partnered with the "best of the best" Pilates teachers to offer this exciting opportunity.

This unique program is set up as one-, two- or three-week intensives with the Master Teacher of your choice. Each teacher's program reflects their specific interests and passions. Students choose the mentor they want to work with from our outstanding group of inspirational teachers.

This is an unprecedented opportunity to take your teaching to the next level.





## CoreAlign® Instructor Training

PART CARDIO. PART MIND-BODY.  
PART STRENGTH. TOTALLY UNIQUE.

The CoreAlign system from Balanced Body® stimulates core stability muscles to fire in perfect timing while performing challenging exercises, very deep stretches and core controlled aerobic training. The method is used for musculoskeletal rehabilitation, performance enhancement and as a regular sport for a healthy lifestyle.

Give your clients a unique exercise experience that improves gait, posture, balance and functional movement. Clients at all fitness levels will feel the difference after one session.

Balanced Body offers CoreAlign training for individuals with a strong background in movement, such as accredited Pilates instructors, personal trainers, movement teachers and physical therapists.

### COREALIGN LEVEL 1 TRAINING (16 HOURS)

*Prerequisite: Experience as a Pilates instructor, personal trainer, physical therapist or movement teacher is recommended*

An introduction to the CoreAlign product and concept. The essential components of full-body standing stability and mobility training are covered, as well as assessing and correcting alignment and weight transfer during functional full-body movements from the standing position. Essential safety information and a set of 44 basic exercises are included.

### COREALIGN LEVEL 2 TRAINING (16 HOURS)

*Prerequisite: CoreAlign Level 1*

CoreAlign 2 expands the CoreAlign 1 repertoire with additional standing exercise progressions, an introduction to the all fours exercises and upper body work using the handles. CoreAlign 2 contains 70+ new exercises.

### COREALIGN LEVEL 3 TRAINING (16 HOURS)

*Prerequisite: CoreAlign Level 1, CoreAlign Level 2 is recommended*

CoreAlign 3 includes exercises designed to maximize integration of the upper and lower force junction including all fours, plank, fit ball and double unit exercises. It can be taken before or after CoreAlign 2. CoreAlign 3 exercises are most appropriate for intermediate or athletic students. Learn 70+ additional exercises in CoreAlign 3.

To complete your CoreAlign training, 40 personal practice, 14 observation and video review and 120 student teaching hours along with a written and practical test are required.

For more information and calendar updates, see the Education Finder® at [pilates.com/education-finder](http://pilates.com/education-finder).

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