



Pilates Performance

4 Month Pilates Mentorship

Start Date: September 13th 2019

End date: January 13th 2019

Modules	Title	Date	Day	Time
1	Principles	September 13 th & 14 th	Friday Saturday	12.30 – 5.30pm 11 – 5.30pm
2	Mat 1	September 27 th & 28 th	Friday Saturday	12.30 – 5.30pm 11 – 5.30pm
3	Reformer 1	October 11 th & 12 th	Friday Saturday	12.30 – 5.30pm 12 – 5.30pm
4	Mat 2	October 18 th & 19 th	Friday Saturday	12.30 – 5.30pm 11 – 5.30pm
5	Reformer 2	November 8 th & 9 th	Friday Saturday	12.30 -5.30pm 12 – 5.30pm
6	Trap Table	November 22 nd & 23 rd	Friday Saturday	12.30 -5.30pm 12 – 5.30pm
7	Chair & Barrels	December 6 th , 7 th & 8 th	Friday Saturday Sunday	11.30 – 5.30pm 12 – 5.30 pm 12.30 – 5.30 pm
8	Reformer 3	December 13 th & 14 th	Friday Saturday	12.30 – 5.30pm

Prerequisites

This course is suitable for beginners, lovers of Pilates or those who wish to complete their training. You have an understanding of anatomy.

Who is the 4 month Pilates mentorship course for?

- This course is the Gold Standard Pilates performance Qualification.
- Those who wish to commence Pilates education or retrain.
- If you're currently working in movement - Physiotherapist, Osteopath, Fitness or Yoga Instructor.
- Or you are seeking a whole new career.
- A career you can travel the world with.
- Or it may just be for your health, learn how to keep yourself strong and healthy.

Getting Started on your Pilates Teacher Training

- Send an e-mail to Lisa at lisa@ppireland.com
- Put the course name in the subject title – i.e. 4 month Pilates Mentorship course
- Please include all of the following information in your e-mail;
 - Full Name, phone number
 - Why you are interested
- We will then contact you within a few days to see if the course is suitable for you.
- Upon successful application payment is due in full or deposit.

Cost €4,950

[Purchase On-line](#)

Or payment plan option

Deposit €2000

[Purchase on-line](#)

Commencing from start date – September 13th 2019 four monthly auto payments of €737.50

Early Bird payment Option – 10% discount €4,455

Subject to places available and booking before July 13th 2019

[Purchase on-line](#)

Some more detail on what's covered

- This is a four month Comprehensive Pilates Training Course.
- You will receive balanced Body Certificates for each of the 9 modules.
- For details on each module see the Balanced Body website.
<https://www.pilates.com/BBAPP/education/index.html>

- Balanced Body is a world respected and recognised qualification.
- Your course director Sarah MacLachlann is a second generation Pilates master.
- 9 Balanced Body manuals.
- Four 10 class packs to attend classes at Pilates Performance to use during the course.
- Course covers the full repertoire and when to use modifications.
- During the course you have unlimited access to the studio for self-practice and study.
- Learn how to access new clients and how to progress them using all Pilates apparatus.
- You will understand how to break down and modify each exercise.
- You will learn common faulty movement patterns and what exercises/apparatus to apply.