



## Pilates Performance 5 Month Pilates Mentorship

**Start Date: September 11<sup>th</sup> 2020**

**End date: January 24<sup>th</sup> 2021**

Modules	Title	Date	Day	Time
1	Pilates Principles	September 11 <sup>h</sup> & 12 <sup>th</sup>	Friday Saturday	11.30 – 5.30pm 12 – 5.30pm
2	Mat 1	September 25 <sup>th</sup> & 26 <sup>th</sup>	Friday Saturday	11.30 – 5.30pm 12 – 5.30pm
3	Reformer 1	October 16 <sup>th</sup> & 17 <sup>th</sup>	Friday Saturday	11.30 – 5.30pm 12 – 5.30pm
4	Mat 2	November 6 <sup>th</sup> & 7 <sup>th</sup>	Friday Saturday	11.30 – 5.30pm 12 – 5.30pm
5	Reformer 2	November 20 <sup>th</sup> & 21 <sup>st</sup>	Friday Saturday	11.30 -5.30pm 12 – 5.30pm
6	Trap Table	December 4 <sup>th</sup> & 5 <sup>th</sup>	Friday Saturday	11.30 -5.30pm 12 – 5.30pm
7	Reformer 3	December 11 <sup>th</sup> & 12 <sup>th</sup>	Friday Saturday	11.30 – 5.30pm 12 – 5.30 pm
8	Mat 3	January 8 <sup>th</sup> & 9 <sup>th</sup> 2021	Friday Saturday	11.30 – 5.30pm 12-5.30pm
9	Chair & Barrels	January 22 <sup>nd</sup> , 23 <sup>rd</sup> & 24 <sup>th</sup>	Friday Saturday Sunday	11.30-5.30pm 12-5.30pm 11.30-5.30pm

### **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 5 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 [sarah@ppireland.com](mailto:sarah@ppireland.com)
- Put the course name in the subject title – i.e. 5 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 €4,995**

[Purchase On-line](#)

Or payment plan option

**Deposit €2000**

[Purchase on-line](#)

Commencing from start date – September 11<sup>th</sup> 2020 four monthly auto payments of €748.75

**Early Bird payment Option – 10% discount €4,495.50**

**Subject to places available and booking before June 30<sup>th</sup> 2020**

[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.

