

PILATES PERFORMANCE

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*“Contrology (Pilates) Develops the body uniformly, corrects wrong postures,
restores physical vitality, invigorates the mind & elevates the spirits.”*
Joe Pilates



EUROPEAN
INSTITUTE OF PILATES

Pilates Performance 4 Month Pilates Mentorship

Start Date: September 25th 2020

End Date: January 24th 2021

Modules	Title	Date	Day	Time
1.	Mat 1	Sept 25 & 26 th	Friday Saturday	12-5pm 12.30-5.30pm
2.	Principles	Oct 2 & 3 rd	Friday Saturday	12-5pm 12.30-5.30pm
3.	Reformer 1	Oct 16 & 17 th	Friday Saturday	12-5pm 12.30-5.30pm
4.	Reformer 2	Oct 23 & 24 th	Friday Saturday	12-5pm 12.30-5.30pm
5.	Reformer 3	Nov 6 & 7 th	Friday Saturday	12-5pm 12.30-5.30pm
6.	Mat 2	Nov 27 & 28 th	Friday Saturday	12-5pm 12.30-5.30pm
7.	Trap	Dec 4 & 5 th	Friday Saturday	12-5pm 12.30-5.30pm
8.	Mat 3	Dec 11 & 12 th	Friday Saturday	12-5pm 12.30-5.30pm
9.	Chair & Barrels	Jan 22 & 23 rd 2021	Friday Saturday	12-5pm 12.30-5.30pm



Prerequisites

This course is suitable for beginners, lovers of Pilates or those who wish to upskill or complete their Pilates certification.

Who is the 4 month Mentorship for?

- Those who wish to commence or finish their Pilates education
- This course is the Gold Standard Pilates Performance Qualification
- If you are currently working in movement – Physiotherapist's, Osteopath, Massage, Fitness, Yoga teachers etc..
- Seeking a whole new career
- A career you can travel the world with
- Or, it may just be for your own personal interest and health.

Getting started on your Pilates Teacher Training

- Send an email to Sarah@ppireland.com to register your interest, places are limited
- Put the course name in the subject title i.e. 4 month Mentorship
- Please included the following information in your email
- Full name and phone number
- 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 a non-refundable deposit

Cost euro 4,995

[Purchase online](#)

Deposit euro 2,000

[Purchases online](#)

And 4 monthly auto payments of euro 748.75 (Auto payment dates are September, October, November and December 10th 2020). Once you have paid deposit online, please e-mail reception@ppireland.com to set up the 4 month AutoPay.

Additional Details

This is a 4 month Comprehensive Pilates Training course

You will receive Balanced body certificated for each of the 10 modules

For details on each of the modules please see the website www.ppireland.com

Balanced Body is a world recognised and respected qualification

Your course director and mentor is Sarah MacLachlann, a 2nd generation Pilates Master

You will receive 10 Balanced body manuals, one for each module

You will receive a 40 class pack to attend classes at Pilates performance, in studio or virtual classes

Course cover the full Pilates repertoire and when to use modification i.e. classical and contemporary Pilates.

You will understand how to break down exercises and modify

You will learn common faulty movement patterns and what exercises/ apparatus to apply.

You will learn how to access new clients and how to progress them.

