

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



Here's what you get;

There are a total of 10 Balanced Body Modules, listed below. You can choose whether you wish to do these modules in the studio or live online. (limited availability for in studio)
For each module you will receive a detail Balanced Body manual.
For each of the listed modules you will receive a Balanced Body certificate.
2nd generation Pilates Master Sarah MacLachlann shall be your course director and mentor.

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.	Anatomy (<i>optional, euro 500</i>)	Nov 20 & 21 st 2020	Friday Saturday	12-5pm 12.30-5.30pm
7.	Mat 2	Nov 27 & 28 th	Friday Saturday	12-5pm 12.30-5.30pm
8.	Trap	Dec 4 & 5 th	Friday Saturday	12-5pm 12.30-5.30pm
9.	Mat 3	Dec 11 & 12 th	Friday Saturday	12-5pm 12.30-5.30pm
10.	Pre/post Natal	Jan 9 th 2021	Saturday	12.30-3pm
11.	Spinal Pathologies	Jan 16 th 2021	Saturday	12.30-3pm
12 & 13.	Chair & Barrels	Jan 22 & 23 rd 2021	Friday Saturday	12-5pm 12.30-5.30pm
14.	Final Twritten Test- Out exam	May 22 nd 2021	Saturday	12.30-1.30pm

Mentorship Cost

Value euro 4,995

Plus 40 free classes (virtual and or in studio) at Pilates Performance (Value euro 750)

Additional Free Bonuses

Monthly zoom meetings with your mentor, Q and A sessions (Value euro 800)

Bonus **FREE** pre/ post Natal workshop (Value euro 185)

Bonus **FREE** spinal pathologies workshop (Value euro 185)

Bonus **FREE** final Test-Out exam (Value euro 360)

Total value euro 7,275 plus

Book today and get the free bonuses and an additional euro 500 off the Mentorship

Your total price today is only euro 4,495

Today you save euro 2,780 (38%) and you will also get

- Balanced body equipment discounts
- Digital Mind 10% discount (Digital marketing). www.digitalmind.ie [Valid for 6 months from completion of Mentorship programme]

See what others have said

[Helen's video Testimonial](#)

1. Sarah is an incredibly knowledgeable, insightful, engaging and caring Pilates instructor. I am grateful for her teaching and mentoring. **J. Scott**
2. Having done other training courses I always come back to Sarah. Her client knowledge base is huge, there is nothing she hasn't seen. She gives great tips on cueing and teaching everyone from beginners to the more advanced student as well as those with a rehab requirement. In an industry where true Pilates is diluted and distilled to gym like work outs this is a woman who sticks to the tried and trusted and restores your faith in teaching the core principles as intended. **L. O'Rourke**
3. I thoroughly enjoyed the course the cueing and teaching skills were excellent the course content was also very good I am looking forward to Mat level 2. **V. Kelly**

4. Excellent instructor followed an excellent course which I've really enjoyed. Extremely challenging and rewarding from beginning to end. I've so much knowledge and confidence since completing the course. **K. Edel**
5. Absolutely loved this course! Sarah is so knowledgeable and is great at explaining both the movements and the anatomy behind them. I would 100% recommend this course to anyone! **B. Simon**
6. I loved the course and Sarah MacLachlann is an amazing mentor! She makes everything very clear for everyone. **O. O'Connell**
7. I would recommend this course to anyone interested in this discipline. We got straight to work, all hands on, not just reading from the book which was great. **F. Keith**
8. Great course, brilliant tutor, really knew her stuff. Hands on from the start which was a great way to learn, not just reading from the book. **B. O'Reilly**
9. I loved the training materials and the expertise of Sarah! This was an excellent course. **Joanne**
10. Sarah (Pilates Performance Ireland) is just amazing and inspiring. **M. Erhart**
11. I thoroughly enjoyed the courses in Instructor Training that I recently did with Sarah MacLachlann in Pilates Performance. They were most informative and enjoyable days and Sarah was always on hand to answer any questions. **C. McDonnell**
12. Sarah MacLachlann was an amazing instructor, I would absolutely recommend this course. She was thorough and patient and answered any questions excellently. A fantastic experience! **J. Armstrong**

[Your Master, Sarah MacLachlann's biography](#)

Is this Gold Standard Mentorship for me?

Regardless of your level of experience, whether it's a lot or a little your mentor Sarah MacLachlann shall bring you through all the steps

- Do you want to commence or finish your Pilates education?
- Are you are currently working in movement – Physiotherapist's, Osteopath, Massage, Fitness, Yoga teachers etc?
- Are you seeking a whole new career?
- Are you looking for a career you can travel the world with?
- Or, it may just be for your own personal interest and health.

Upon completion of the Mentorship you will be proficient in

The full Pilates repertoire and when to use modifications 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/ props to apply.

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

You will be proficient in teaching group Mat and Reformer classes, from beginners to advanced

You will be proficient in teaching one-on-one sessions

You will be proficient in teaching pre and post natal classes and spinal pathology classes

Payment Options and Plans

Cost euro 4,495. Today Only and save 2,780

[Purchase online](#)

Deposit euro 2,000

[Purchases online](#)

And 4 monthly auto payments of euro 623.75 (Auto payment dates are October 10th 2020, November 10th 2020, December 10th 2020 and January 10th 2021)

Frequently asked questions

Do I need anatomy?

If you have already completed an anatomy course you do not need to do another one. If you have not you will need to do an anatomy course prior to the final Test-Out exam (Paul add anatomy course link here)

Is Balanced Body a well recognised qualification?

[Balanced Body](#) is a highly respected and world recognised Pilates qualification (

Are there any prerequisites to do the Pilates Performance Mentorship?

There are no prerequisites to doing the Pilates Performance Mentorship programme, having attended classes is a bonus, come with passion and your mentor Sarah MacLachlann will teach you the details

What are the self practice and observations hours?

Total Mat (Mat 1,2 & 3) practice hours

Mat personal sessions – 25 hours

Mat observation – 15 hours

Mat student teaching – 45 hours

Total Reformer (Reformer 1, 2 & 3) practice

Reformer personal sessions – 50 hours

Reformer observation – 30 hours
Reformer student teaching – 100 hours

Trapeze/ tower

Trap personal sessions – 20 hours
Trap observation – 10 hours
Trap student teaching – 45 hours

Chair

Chair personal sessions – 20 hours
Chair observation – 10 hours
Chair student teaching – 45 hours

Barrels

Barrels personal sessions – 5 hours
Barrels student teaching – 15 hours
Total course time approx.. 600 hours

Do I have to do the the final Test-Out exam on May 22nd 2021?

No, however, if you do the exam on May 22nd 2021 it is a free bonus with this mentorship, if you choose a later date the final Test-Out exam is euro 360.

Please note that there is no fixed time by which you must Test-Out.

What if I choose to do the course virtally live online and don't have a reformer, Trap, chair etc, can I still do the course?

Yes, but you should have access to the apparatus to ensure you can practice e.g. you local studio.

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