

## 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*

## Pilates Performance Comprehensive Pilates Mentorship

Start Date: September 2nd 2023

End Date: December 2023



## What's covered in the Mentorship?

There are a total of 10 Balanced Body Modules, listed below.

The Anatomy module is not required if you have done an anatomy course before however, if you haven't this module is required, it is charged separately.

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 detailed Balanced Body manual.

For each of the listed modules you will receive a Balanced Body certificate.

2<sup>nd</sup> generation Pilates Master Sarah MacLachlann shall be your course director and mentor.



| Modules | Title               | Date                              | Day                | Time                      |
|---------|---------------------|-----------------------------------|--------------------|---------------------------|
| 1.      | Reformer 1          | Sept 2&3 <sup>rd</sup> 2023       | Saturday<br>Sunday | 12.30-7pm<br>12.30-6.30pm |
| 2.      | Anatomy ( euro 515) | Sept 9&10 <sup>th</sup> 2023      | Saturday<br>Sunday | 12.30-7pm<br>12.30-6.30pm |
| 3.      | Reformer 2          | Sept 23&24 <sup>th</sup> 2023     | Saturday<br>Sunday | 12.30-7pm<br>12.30-6.30pm |
| 4.      | Reformer 3          | October 7&8 <sup>th</sup> 2023    | Saturday<br>Sunday | 12.30-7pm<br>12.30-6.30pm |
| 5.      | Trapeze/ tower      | October 21&22nd                   | Saturday<br>Sunday | 12.30-7pm<br>12.30-6.30pm |
| 6.      | Chair & Barrels     | November 4&5 <sup>th</sup> 2023   | Saturday<br>Sunday | 12.30-7pm<br>12.30-6.30pm |
| 7.      | Principles          | November 11&12 <sup>th</sup>      | Saturday<br>Sunday | 12.30-7pm<br>12.30-6.30pm |
| 8.      | Mat 1               | November 18&19 <sup>th</sup> 2023 | Saturday<br>Sunday | 12.30-7pm<br>12.30-6.30pm |
| 9.      | Mat 2               | November 25&26 <sup>th</sup> 2023 | Saturday<br>Sunday | 12.30-7pm<br>12.30-6.30pm |
| 10.     | Mat 3               | December 9&10 <sup>th</sup> 2023  | Saturday<br>Sunday | 12.30-7pm<br>12.30-6.30pm |

## Mentorship Cost and Bonuses

**Mentorship Cost**

**Value euro 5,250**

### **Additional Free Bonuses**

- 40 free classes at Pilates Performance (Value euro 750)
  - Book by **July 17<sup>th</sup> 2023** and get an early bird discount of euro 500 off the Mentorship
- Your Early Bird total price today is only euro 4,750**
- Balanced body Pilates equipment discounts
  - Get your business going with a **Digital Mind** 10% discount [www.digitalmind.ie](http://www.digitalmind.ie)

### **See what others have said**

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**

See Sarah MacLachlann biography on [www.pilatesperformanceireland.com](http://www.pilatesperformanceireland.com)

### **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 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 super advanced

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

## **Payment Options and Plans**

Pay in full online:

- Cost euro 5,250.
- Early Bird price 4,750 (Available until July 17<sup>th</sup> 2023)

Easy payment option online: *Early Bird Price* (Available until July 17<sup>th</sup> 2023)

Deposit euro 2,000

And 4 monthly auto payments of euro 687.50 (Auto payment dates are September 1<sup>st</sup> 2023, October 1<sup>st</sup> 2023, November 1<sup>st</sup> 2023 and December 1<sup>st</sup> 2023)

Easy payment option online: (after early bird date)

Deposit euro 2,000

And 4 monthly auto payments of euro 812.50 (Auto payment dates are September 1<sup>st</sup> 2023, October 1<sup>st</sup> 2023, November 1<sup>st</sup> 2023 and December 1<sup>st</sup> 2023)

## ***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 module.

### **Is Balanced Body a well recognised certification?**

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, having attended classes is a bonus, come with passion and your mentor, Sarah MacLachlann will teach you the details.

### **Do I have to be in Ireland to do the Mentorship?**

No, because all elements of the mentorship are now available to complete online, you can attend from anywhere in the world.

### **What are the self practice and observation hours?**

**Mat total hours** (Mat 1,2 and 3)

Mat personal sessions – 25 hours

Mat observation – 15 hours

Mat student teaching – 45 hours

**Reformer total hours (1, 2 & 3)**

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 final exam by a specific date?**

There is no fixed time by which you must Test-Out.

**What if I choose to do the course virtually 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. your local studio.

[www.ppireland.com](http://www.ppireland.com)