

PILATES TEACHER TRAINING PROGRAM

march 2 - april 28 • walnut creek







A HISTORY OF SUPERIOR EDUCATION

since 1990, yogaworks has trained thousands of new yoga teachers, including some of the most celebrated modern-day yogis. our graduates are changing the world each day through their deep connection to yoga. our yoga teacher training blends the best of the yoga tradition providing every teacher with the foundation to teach skillfully with compassion, safety and integrity.

yogaworks has embraced the complementary nature of pilates to our yoga programming with full-service pilates studios in 9 of our 24 locations. we believe in pilates and believe our educational platform allows us to provide a superior training. our senior pilates faculty, yani brancato, tawny solorzano and erica downing, created a curriculum much like that of our yoga teacher training – embracing the best of the east and west, integrating the classical lineage with therapeutic and contemporary pilates theory.

the result is a foundation of safe and effective techniques, sequencing and alignment enabling teachers to work with all levels of students.

whether you are planning a career change or want to deepen your pilates practice, this training is by far the best way to expand your knowledge and transform your life.



IN THE WORDS OF A GRADUATE...

"The education that we've received through the YogaWorks Pilates Teacher Training program has been extremely thorough and well-rounded. Our instructors took great strides to ensure that we were learning about all aspects of Pilates. The program has been created to produce exceptional instructors and upon completion of the certification, you will be a fully prepared, confident teacher capable of maintaining clients and inspiring others to believe in themselves." - Julia Nichole Lopez

450 HOUR **TEACHER TRAINING** PROGRAM

learn the theory and practice of pilates, and the art of teaching

a comprehensive program that offers:

- 6 modules meeting the pma® certified training requirements, taught by pma® certified instructors and licensed physical therapists
- 120 instructional hours over 6 weekends covering applied anatomy, mat/pre-pilates, reformer, cadillac, chairs, barrels, and level iv training
- 180 practice hours and 150 apprentice teaching hours.
- pilates certification upon completion
- pma® certification eligible upon completion of 450 hours

our curriculum • march 2 - april 28

applied anatomy march 2-3

mat/pre-pilates march 8-10

level i march 22-24

level ii april 5-7

level iii april 12-14

level iv april 26-28



Training held at YogaWorks Walnut Creek. Program subject to change.

Free pilates mat classes during the months of the training along with a 10% discount on pilates sessions. Not applicable for anatomy only.

Application available online.

PROGRAM TUITION

Comprehensive 450 Hour Course

\$4,000 before February 16, 2013 • \$4,400 after February 16, 2013

Mat/Pre-Pilates Only	\$ 500
Applied Anatomy Only	\$ 250
Practical Exam Fee	\$ 50
Optional PMA Student Membership (recommended)	\$ 35

required reading material not included in tuition fees

to enroll or learn more, email pilatestt@yogaworks.com

MEET OUR TRAINERS



angela evans has been teaching pilates in the bay area for over seven years. she is certified to teach pilates through power pilates, a classically based, systematic and integrative approach to the original method created by joseph pilates. she also trained and taught in new york city as a lotte berk instructor, prior to becoming a certified pilates instructor, angela was a professional dancer with the oakland ballet company, angela brings her passion for dance, her love of pilates, and her commitment to fitness, running the pilates and mindful fitness programs at yogaworks in walnut creek.



rebekka schulze was born and raised in germany and became a physical therapist in 2000, and earned her bachelor's degree from the university of sydney. upon moving to singapore, she implemented the physical therapy department at the german european school. during this time she learned about the pilates method for the first time and quickly realized its benefits. back in germany, she opened her own private physical therapy clinics and obtained her pilates certification. rebekka recently moved from germany to the bay area, and is enjoying spending time with her husband and two labradors in the california sun.

