

# Teacher Training Program 2007-2008

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Master Teacher and author, Elizabeth Jones-Boswell, M.Ed. (EJB), has been teaching Pilates exercise for fitness and rehabilitation for over 25 years. She has run a teacher-training program since 1986. She began her career as a dancer. Following a severe injury, she underwent two back surgeries. Doctors told her she would never dance again. They were wrong. She embraced the exercise system based on the work of Joseph H. Pilates as a means toward recovery and to further evolve her own rehabilitative methods. By combining the exercises developed by Pilates and her many years of exercise and dance training, she now has a program of work that can be used on any body. In 1984 Elizabeth founded and directed the Physical Conditioning Centre and has continued her studies with master teachers Alan Herdman, Eve Gentry, Ron Fletcher and Carola Trier. In 2001, She sold her Houston-based Pilates business and moved to Spokane, Washington with her family. Elizabeth has written and published "Exercise for Pregnancy and Beyond: A Pilates-based Approach for Women."

The training program is a rigorous, challenging, and rewarding process. You will learn from and work with EJB, Sam Boswell, BA, LMP, and distinguished guest lecturers. Some have included: doctors, physical therapists, psychotherapists, chiropractors, and prominent teachers within the field. This twelve to eighteen month program consists of the following:

## Pre-requisites:

- Six to twelve months of previous Pilates study on mat and reformer in a private studio
- 5 private sessions with certified teacher from EJB's training program
- Level of competency – advanced-intermediate level on Mat and Reformer
- Written letter of recommendation from your Pilates teacher
- Working knowledge of Human Anatomy, Physiology, and Kinesiology.
- Bachelor's Degree or equivalent experience to be approved by the organization or director, EJB.

## Program<sup>1</sup>:

### Phase I

Initial consultation and four private sessions with EJB

Pre-exam – audition

Functional Pilates workshop (3 hours)

50 Observation Hours: 6 hours/week during first three Phases and completed before Phase IV.

### Phase II

Pre-Pilates (16-20 hours), Basic Mat (18-20) and Reformer (20-25) – Lecture and practical application. Learn process, breathing, modifications, and benefits of pre-mat, mat exercises and reformer. Testing before completion and advancement.

### Phase III

Intermediate and Advanced Mat and Reformer (40 hours each, total of 80 hours) –Lecture and practical application. Learn process, breathing, modifications, and benefits of reformer exercises. Testing before completion and advancement.

### Phase IV

Personal workouts, one hour, 2-4 times a week with a fellow student or at an approved studio. Self-study, including critical analysis of progress and attainment of goals (to be cleared by EJB).

300 hours – applied pedagogy and program development; work with your personal clients, who must be charged a fee of \$15.00. During this time, you will learn how to use applied biomechanics to plan lessons, design programs, and make modifications for rehabilitative conditions. The Director will monitor your progress by testing you with two or three clients after 10, 20 and 30 sessions.

### Phase V

Final Project pre-approved by EJB. Final Practical and Written Exams - given by EJB and another certified Pilates teacher.

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## Costs

Initial Consultation	\$125.00
Four private sessions	\$500.00
Functional Pilates Workshop	\$100.00
Training Program	\$3600.00
<u>Final Exam</u>	<u>\$400.00</u>
<b>Educational total</b>	<b>\$4725.00</b>
Equipment (see below)	Varies according to package selected.

**Equipment must be ordered through EJB and must include at least one of the two packages below (more equipment may be added). Details can be seen on [www.balancedbody.com](http://www.balancedbody.com).**

- 1) Allegro Reformer, Allegro Retrofit Kit, Box (a reformer accessory).
- 2) Studio Reformer (includes box).

A non-refundable<sup>2</sup> deposit of \$725.00 (seven hundred twenty-five dollars) is required prior to starting the program. The remainder of your tuition must be paid in full by the first day of observation or group class (Phase II), whichever occurs first. If you need to make alternate payment arrangements, you may consult with the Director, EJB. The total amount will include Phase IV personal workouts. It does not include extra private sessions with Elizabeth or workshops with guest teachers. It does not include the cost of the required texts listed below.

Required Texts:                    Anatomy of Movement by Claais-Germain.  
    Muscles: Testing and Function by Kendall, McCreary, and Provance.  
    Manual of Structural Kinesiology by Thompson and Floyd.  
    Taking Root to Fly by Irene Dowd.

DVDs<sup>3</sup>:                                \$30 each, offered periodically throughout the course

Attendance is mandatory. It is crucial to your successful completion of the program. Make-ups are scheduled at the director's convenience at the rate of \$125/hr.

I HAVE READ AND UNDERSTAND THE ABOVE TEACHER TRAINING COURSE REQUIREMENTS. I AGREE TO ABIDE BY THE TERMS AS WRITTEN.

Agreed (signed): \_\_\_\_\_ Date: \_\_\_\_\_

Print name: \_\_\_\_\_

<sup>1</sup>The duration of each phase, and therefore entire program, is dependent upon the student's progress and prior knowledge/experience.

<sup>2</sup>In the event that the course is cancelled prior to start date, all monies will be refunded.

<sup>3</sup>DVDs and videotapes are supplements to the course and are not intended for a substitution for attendance. Duplication of videotapes/DVDs is strictly prohibited.