



**The Advanced Teacher's Seminar
2020 Application**

73 High St.
Newburyport, MA 01950

Program Overview

The Advanced Teacher's Seminar is a course designed for comprehensive certified teachers looking to expand their knowledge base of the Pilates system and its application to particular individuals. The seminar is divided into three, 3-day sessions that will take place over the course of one year.

Curriculum Overview

- Exercise clarification on all apparatus
- Variations and modifications for select populations
- Lesson design that progresses toward specific goals
- Refinement of cueing and touch techniques
- Fine-tune your eye and prioritize corrections
- Refresh and polish your Pilates teaching and personal practice

Entrance Requirements

- Certificate of Completion from a comprehensive classical education program
- Minimum 5 years teaching experience after certification completion date
- Completion of The Advanced Teaching Seminar application

Schedule 2020

- Session 1, April 17-19
- Session 2, June 5-7
- Session 3, October 23-25

Sessions meet at the following times:

Fridays 9a-5p

Saturdays 9a-5p

Sundays 9a-3p

(Above dates are subject to change)

Application for The Advanced Teacher's Seminar

Contact Information

Full Name:

Email:

Phone:

Pilates Certification and Training

Organization and Date Certified:

Additional Workshops, Certifications and/or training:

Employment History

Studios and Dates of Employment

Apparatus Experience

Please list below any pieces of apparatus that you would like to delve deeper into:

Please explain why you're interested in this program and provide a brief explanation of what you hope to take away from The Advanced Teaching Seminar:

Tuition

- Three, 3-day modules of focused in-studio study \$2500 (for all three sessions)

Policies

Admission: Once your application is submitted and reviewed, you will be notified via email of your acceptance to the program. Once accepted, you will receive an email notification and you can choose your payment option.

Payment Options: Payment can be via check, Paypal, or Venmo.

Option 1: Payment in full 30 days of acceptance into the program.

Option 2: Payment in 3 installments of \$835 each via check only. All 3 checks sent at the same time post-dated as follows. The post- dated checks will be deposited after the date on the check.

Installment 1 due Feb.1, 2020

Installment 2 post-dated May 1, 2020

Installment 3 post-dated October 1, 2020

Cancellation and Refunds:

50% refund 30 days before course begins

25% refund 14 days before course begins

I have read, understood and agreed to The Advanced Teaching Seminar program policies.

Signature:

Date:

Informed Consent

I have been informed that I should consult a health care professional before starting this or any exercise program.

I agree to take full responsibility for not exceeding my limits in the Pilates session or class and for any injury or discomfort I might experience by participating in this class. I agree not to hold *Progressive Bodyworks* responsible for any injuries or damage, which occurs while participating in this exercise class or session.

I understand the cancellation policy.

All the information I have provided about my health is correct and I will keep my instructor informed of any changes in my physical condition.

Signature and Date: