



**The Advanced Teaching Seminar  
2018 Application**

73 High St.  
Newburyport, MA 01950

**Program Overview**

**The Advanced Teaching Seminar** is a course designed for comprehensive certified teachers looking to expand their knowledge base of the Pilates system and it's 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 2018**

- Session 1, April 20-22
- Session 2, June 22-24
- Session 3, November 2-4

Sessions meet at the following times: Friday's 9a-5p, Saturday's 9a-5p and Sunday's 9a-3p  
(Above dates are subject to change)

**Application for The Advanced Teaching 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:

**Pricing**

- Three 3-day modules of focused study      \$2250 (for all three)  
    *(lunch is included for each day)*

**Policies**

Admission: Applicant will be notified via email of enrollment.

Payment: An Invoice will be sent to you after your application is reviewed and accepted. Payment is due in full within 30 days of acceptance into the program.

Cancellation and Refunds:

Application fee of \$50 is non-refundable  
75% 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:

# progressivebodyworks

## Participant Screening

**Health History:** Please check any of the following conditions that apply

- Back Trouble
- Neck Trouble
- Shoulder Problems
- Hip Problems
- Knee Problems
- Other Joint Problems (wrists, ankles, elbows...)
- Arthritis
- Hypertension (high blood pressure)
- Hypotension (low blood pressure)
- Glaucoma
- Diabetes
- Asthma
- Epilepsy
- Osteoporosis or Osteopenia ?
- I have had a bone density scan in the last 2 years? Finding:
- High anxiety
- I am pregnant
- I am trying to get pregnant
- I smoke
- I struggle with depression
- I have had surgery in the last 2 years: \_\_\_\_\_
- I have other medical concerns: \_\_\_\_\_
- I am on medication: \_\_\_\_\_

If any of the above are checked – Please clarify:

1. Do you experience dizziness or lose your balance when exercising, standing up suddenly, or changing positions?

Yes

No

2. Are there any movements that cause you pain? If yes, please explain

Yes

No

Signature and 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.

All workout sessions are 55 minutes long and begin promptly at their scheduled times.

A 24 hours notice must be given to cancel a lesson without being charged and that all sales are final.

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:

