



Advanced Pilates Mat Certificate Course **Cape Town, July 2019**

Pre-requisites: Basic Pilates Mat Course

Module dates: 20 July (930am to 230pm)
27 July (930am to 230pm)
3 August (930am to 230pm)

Venue: The Source Cape Town

Course outline:

- Principles and fundamentals of Pilates review
- Intermediate and Advanced Pilates mat repertoire
- Original 34 Mat work by Joseph Pilates
- Modifications and Assists
- Teaching skills
- Class planning and design
- Guest speaker

Course requirements:

- Theory paper
- Practical exam
- Class design assignment
- Observation hours (20 hours)
- Practice hours (30 hours)
- Class participation (10 hours)
- Case study
- Apprentice teaching (10 hours)
- Teaching assessment
- Mind, Brain and Body assignment

Course Fees: R6500. This fee **includes** the following:

1. Course manual
2. Instructional DVD
3. Class DVD

Examination fees:

Practical evaluation: **R250.00**

Theory paper: **R150.00**

Teaching assessment: **R400.00**

Additional fees:

Mat classes are offered at the host studios at discounted student rates.

Confidentiality Agreement:

Notes and videos from this course will not be re-sold or used by the student in offering another Pilates course.

A **non-refundable and non-transferrable** 20% deposit (**R1300.00**) for the course is required in order to ensure your place and your registration forms must be emailed to education@consciousmovement.co.za.

Fees are 50% refundable should students cancel 30 days before the course starts. Fees are non-refundable within 30 days of the course commencing.

Banking details: Conscious Movement Education CC
Nedbank
Branch code 101109 (Constantia)
Account 1011139065
SWIFT: NEDSZAJJ (for overseas transfers only)



Appendix B

Registration Form
Advanced Pilates Mat Certificate Course
Cape Town, June 2019

Name

Date of birth

Telephone (h)

(w)

(cell)

Address

Email

Pilates mat certification (please describe and supply copies of certificates)

Previous Pilates experience

Any teaching experience (please describe)

Who referred you to CME?

I, _____, do not hold Conscious Movement Education, Renee Watson, her trainers, the hosting Pilates Studio or heirs liable should I incur injury during a Pilates training session or incur injury on their studio premises. I agree to the above conditions and those outlined in Appendix A in participating in the Pilates Mat Course. I confirm that all information provided in Appendix B is true.

signed (student)

date