



Pilates Equipment Certificate Course **Cape Town, October 2021**

Pre-requisites: Foundation / Basic Pilates Mat

Module dates: 9 October (9am to 4pm) reformer
16 October (930am to 4pm) reformer
23 October (10am to 5pm) cadillac
30 October (10am to 5pm) chair and spine corrector
6 November (10am to 5pm) *jumpboard / catch up and review

Venue: 6 Winchester Avenue, Bishopscourt

Course outline:

- Foundation / Basic / Intermediate Pilates' Reformer repertoire
- Foundation / Basic / Intermediate Pilates' Cadillac repertoire
- Foundation / Basic / Intermediate Pilates' Chair repertoire
- Foundation / Basic / Intermediate Pilates' Spine corrector repertoire
- Set up and safe use of equipment
- Modifications and Assists
- Class planning and design
- Teaching skills

Course requirements:

- Theory paper
- Practical exam
- Class design assignment
- Observation hours (50 hours)
- Practice hours (40 hours)
- Class Participation (10 hours)
- Apprentice teaching (15 hours)
- Teaching Assessments (2 classes)
- Case study
- Self study: Injuries and Special Populations assignment

Course Fees: R13,500 This fee **includes** the following:

1. E-manuals/workbooks will be provided for the course. Students are expected to take their own supplementary notes
2. Use of studio equipment to practice

Examination fees:

Practical evaluation: **R250.00**

Theory paper: **R150.00**

Teaching assessment: **R400.00** **payable directly to the Assessor*

Additional fees:

Equipment 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** 25% deposit (**R3500.00**) 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)

Registration Form
Pilates Equipment Certificate Course
Cape Town, October 2021

Name

Date of birth

Telephone (h) (w) (cell)

Address

Email

Pilates Mat Certification (please describe and supply copies of certificates)

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 Equipment Course. I confirm that all information provided in Appendix B is true.

Student signature

Date