

## Classical Kulture Pilates Mat Teacher Training

	Key Topics	Materials	Course Requirements
<b>Module 1. Beginner Mat</b> <b>2.5 days 20 hours</b>	Pilates History  6 Principles of Pilates Pre-Pilates  <u>Beginner system Mat exercises:</u> Cueing, Transitions, Touch Cues  Anatomy  Practice Teaching	Beginner mat manual  Pre- Pilates video  Beginner Mat sequence video  Teacher Training workbook	<b>Before the module:</b> -Attend virtual and in person practice sessions.  -Attend Virtual Pilates history and Principles of Pilates Workshop.  <b>Contact weekend:</b> -Attend all 20 hours of the contact weekends in person.  <b>After training weekend:</b> Practice observe and teach logged hours.  2-4 weeks until next module
<b>Module 2.</b>  <b>Intermediate Mat</b> <b>Magic Circle &amp; Spine</b> <b>Corrector/ Small Barrel</b>  <b>2.5 days 20 hours</b>	<u>Intermediate mat exercises :</u> Cueing, Transitions, Touch Cues  Enhancing the client experience with the magic circle and small barrels.  Practice Teaching	Intermediate mat manual  Intermediate mat sequence Video  Teacher Training workbook	<b>Before the module:</b> -Attend virtual and in person practice sessions.  - Business of Pilates virtual workshop. .  <b>Contact weekend:</b> Attend all 20 hours of the contact weekends in person. <b>After training weekend:</b> Practice observe and teach logged hours.  2-4 weeks until next module
<b>Module 3.</b>  <b>Advanced Mat</b>  <b>Graduation Photoshoot</b> <b>2.5 days 20 hours</b>	<u>Advanced Mat Exercises:</u>  Cueing, Transitions,  Touch Cues  Practice Teaching	Advanced Mat Manual  Advanced Mat sequence video  Teacher Training workbook	<b>Before the Module:</b> Attend virtual and in person practice sessions.  <b>Contact weekend:</b> Attend all 20 hours of the contact weekends  <b>After training weekend:</b> Practice observe and teach logged hours
<b>Test out</b>	Demonstrate the ability to teach the full mat sequence in under 40 minutes with correct cueing and touch cues.	CKP Mat Manual  Complete Teacher Training workbook	<b>Before the Module:</b> Complete all practice and observation hours in log book.

