

The Pilates Center  
Teacher Training Program  
Catalog

3127 28<sup>th</sup> Street  
Boulder, CO 80301  
(303) 494-3400  
Fax (303) 499-2746

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## Introduction

The Pilates Center offers the at respected, comprehensive, and intensive “classical” Pilates teacher training programs in the world.

### The Pilates Center Mission and Goals

Our goal at TPC is not just to teach you how to do Pilates but how to heal people with Pilates. Our commitment is to health. It’s our mission to heal the world by helping people heal themselves with Pilates – that was Joseph Pilates’ ultimate desire. Almost anyone who wants to can learn how to be a Pilates Instructor. You can get educated in Pilates over a Weekend!; we believe this is merely the starting point and does little to truly allow the instructor to assess each client’s unique needs and provide them with the life changing possibilities Pilates so powerfully offers – the potential to truly heal and, thereby “return to life.”

True teaching requires a profound level of both deeper knowledge of the subject matter and a calling to truly care for the unique nature of each client’s personal journey back to full mind-body-spirit health. And that is our approach through our Teacher Training Programs. Explore the deeper theoretical aspects of Pilates, the “what” and “why”; Discover the real meaning and purpose of the movements and how essentially intertwined they are throughout the system, so that these amazing exercises can actually heal the body, mind, and spirit. If we as teachers can understand the ultimate intention of the Pilates Method as a whole we can share that knowledge with our clients and empower them to heal themselves with Pilates.

Our passion is to train and nurture our students to become true Pilates teachers, creating a journey where they can discover their own potential, explore their passion, and awaken the teacher within themselves.

## Faculty

### TPC Licensed Teacher Trainers

Amy Taylor Alpers

Kelli Burkhalter Hutchins

April Ingham

Debora Kolwey  
Rachel Taylor Segel  
Leah Weckslar  
Kaile Larson Ziemba

**TPC Teachers**

Amy Taylor Alpers  
Aubrey Dalke  
Sue Hiller  
Kelli Burkhalter Hutchins  
April Ingham  
Yevett Karpel  
Debora Kolwey  
Ruthie Pfeifer  
Kelley Pico  
Rachel Taylor Segel  
Leah Weckslar  
Kaile Larson Ziemba

**Licensed Teacher Trainers – United States**

Mischa Decker – Durham, North Carolina  
Kirstin DeFrees – Belmont, Massachusetts  
Erika Groff – San Francisco, California  
Deborah Matthews – Durham, North Carolina  
Debby Orlando – Milwaukee, Wisconsin  
Kristine Olson – New York, New York  
Susanne Staehr – San Francisco, California  
Michelle Stutesman – Minneapolis, Minnesota  
Laura Blackburn – Louisville, Kentucky

**Licensed Teacher Trainers – International**

Jessy Babin - Ireland  
Katherine Denham - Canada  
Susanne Liiri - Ireland  
Maya Khariallah - Beruit  
Nina Paavoli – France  
Kavita Prakash – India

Lorna Magee – Scotland  
Jeanique Lascar – Dubai  
Brenda Korb - Israel

All teachers are graduates of TPC.

President Rachel Taylor Segel and Vice-President Amy Taylor Alpers own The Pilates Center (TPC). Kelli Burkhalter Hutchins is the Director of Education, Pace Wilson is Assistant to the Director of Education and the Studio Coordinator, and Sherena Elharmell is the Account Manager.

## **Training Programs**

### **The Intermediate Teacher Training Program**

#### Program Overview

The Intermediate Teacher Training Program is offered as a 12 month course and requires 450 hours to complete. It is comprised of one Formal Lecture Series 60 hours, a 375 hour Internship and five exams.

#### Program Objective

The graduate will be competent to teach all intermediate levels of Pilates exercises on all types of apparatus.

#### Entrance Requirements

Prospective students must have participated in five Mat classes, five Reformer classes, one Tower/Pole class, one Low Chair class, five privates, and be injury free.

#### Enrollment Procedure

Prospective students can enroll anytime based on enrollment quota openings as long as they have met the entrance requirements. Acceptance into the program does not guarantee completion or PMA Certification.

To apply, students submit an Application Form and include a \$105 application fee to Kelli Burkhalter Hutchins, Director of Education. Students then pay a \$125 registration fee.

Students that participate in the program sign Enrollment Agreements showing school protocols, procedures, refund policies, trainee policies, and payment options.



### Program Costs

Application Fee	\$105.00 USD
Registration Fee	\$125.00 USD
Tuition	\$3,100.00 USD
Exams	\$700.00 USD
Books	\$300.00 USD (estimate)
Lessons	estimate varies \$1,250 - \$4,250

### Payment Options

Students have three options to pay for the Intermediate Teacher Training Program (see Addendum N, O, and O1). A \$50.00 USD late charge will be applied to all late payments. Students must read and sign the Monthly or Quarterly Payment Plan Agreement (Addendum O or O1).

### Schedule

The Intermediate Teacher Training Program can begin at any point of the year, and students are responsible for attending the Formal Lecture Series once online during their 12 months. All students can also attend the live lectures at The Pilates Center while they are enrolled in the program if they choose.

TPC Intermediate Teacher Training students do not attend classes in a traditional setting, but they are expected to complete approximately 8-11 hours weekly doing various Internship components (i.e. observing lessons, taking lessons and classes, practice teaching, personally practicing Pilates, watching videos and reading books.)

As part of the student's Internship, they are required to take 50 lessons. The majority of these lessons may be completed outside of The Pilates Center if necessary. Students will receive a 23% discount on classes and privates at The Pilates Center (compared to regular client prices). Students may also purchase monthly unlimited classes with a discount.

### Attendance Requirements

Students are required to attend one full cycle of the Formal Lecture Series (60 hours.) In addition, students must complete 375 Internship hours. Students are expected to arrive on time and with proper materials and attire. An overall attendance rate of 100% is required. Students have the option of attending the lectures in person but will attend them online through iTPC.

### Progress Policy

Each student is placed with an advisor. Two advising meetings are held during the student's 12 months, as shown in iTPC, to ensure the student is progressing appropriately. If satisfactory progress is not being made or a student is behaving inappropriate it is grounds of dismissal.

### Leaves of Absence

#### **Hold**

Trainees have the option to go "on hold" once during their year. The hold status can last for up to one year from the date of the hold. All Trainee benefits will cease during this period of time. A Trainee may take advantage of this option if they are injured, have a personal emergency or are not progressing as required. If a trainee becomes pregnant, the student will have an extended hold until the student is six months post-partum.

Based on the length of time on hold, the Trainee may be required to purchase and perform a Re-entrance Evaluation (\$80.00 USD). Should any pricing change during the leave, the Trainee is responsible to pay the cost of the current prices. The Director of Education and/or Assistant to DE must receive the signed Hold Form.

#### **Extensions**

Extensions are offered to provide extra time for Trainees to prepare themselves for exams, complete internship hours or to extend their benefits and graduation date due to personal issues. Extensions are \$175.00 USD for one month (30 days) from the date of purchase. During an extension, trainees keep all benefits and continue to count all internship hours. Multiple extensions may be purchased.

Each student is enrolled in iTPC and will have access throughout the program weekly internship requirements, program events, and online Formal Lectures and Exam requirements. Students are required to fill out, sign, and turn in an Extension Form to the Director of Education or Assistant to DE. If this does not occur, the student will be withdrawn from the program after one month has passed the student will be required to re-apply for the entire teacher training program again.

### Examination Process

There are five exams total: two written exams, one Intermediate Practice Practical, one Intermediate Performance exam and one Intermediate Practical exam.

All exams are pass/fail with the passing mark at 85%. The first two written exams are graded online, the grades are reported to the students immediately through the online management system. TPC keeps the tests in iTPC and students may schedule with their advisor to go over

their exams. The practice practical exam is graded on the spot by one of the Licensed Teacher Trainers and discussed with the student immediately afterward. The performance exam is graded on the spot by one Licensed Teacher Trainer and discussed with the student immediately afterward. The practical exam is graded on the spot by two Licensed Teacher Trainers and discussed with the student immediately afterward.

If a student does not pass any exam, they must repeat it in order to continue at TPC – and are responsible for paying a separate fee to repeat the exam. Should a student fail any exam a second time, a written warning will be issued by the Director of Education and the situation will be discussed with the owners.

### Refund Policy

Refer to Page 30 in this Catalog.

### Completion Requirements

Successful Completion of 450 program hours:

- Orientation - 2 hours
- Formal Lectures - 60 hours
- Advisor Meetings - 3 hours
- Internship - 375 hours
- Exams - 10 hours
- A passing score of 85% or higher on five exams
- Completion of two advisor meetings
- Completion of four teaching clinics/skills
- Completion of reading list
- Completion of Anatomy Coloring Book
- Completion of personal Pilates journal

## **The Intermediate Plus Teacher Training Program**

### Program Overview

The Intermediate Teacher Training Program is offered as a 12 month course and requires 600 hours to complete. It is comprised of one Formal Lecture Series 60 hours, a 521 hour Internship and six exams.

### Program Objective

The graduate will be competent to teach all intermediate levels of Pilates exercises on all types of apparatus.

### Entrance Requirements

Prospective students must pass a Program Evaluation in which they demonstrate a knowledge in Level I-II (Beginner/Intermediate) exercises on the Reformer, and be injury free.

### Enrollment Procedure

Prospective students can enroll anytime based on enrollment quota openings as long as they have met the entrance requirements. Acceptance into the program does not guarantee completion or PMA Certification.

To apply, students submit an Application Form and include a \$105 application fee and the Program Evaluation costs \$80.00 USD to Kelli Burkhalter Hutchins, Director of Education. The Program Evaluation can be done by sending a video over the internet, by DVD, Skype, or in person. Students who pass the Program Evaluation then pay a \$125.00 USD registration fee.

Students that participate in the program sign Enrollment Agreements showing school protocols, procedures, refund policies, trainee policies, and payment options.

### Program Costs

Application Fee	\$105.00 USD
Registration Fee	\$125.00 USD
Program Evaluation	\$80.00 USD
Tuition	\$3,975.00 USD
Exams	\$1,100.00 USD
Books	\$300.00 USD (estimate)
Lessons	Estimate varies \$2,500 - \$8,500

### Payment Options

Students have three options to pay for the Intermediate Plus Teacher Training Program (see Addendum Q, R, and R1). A \$50.00 USD late charge will be applied to all late payments. Students must read and sign the Monthly or Quarterly Payment Plan Agreement (Addendum R & R1).

### Schedule

The Intermediate Plus Teacher Training Program can begin at any point of the year, and students are responsible for attending the Formal Lecture Series online through iTPC during their 12 months. All students can also attend the live lectures at The Pilates Center while enrolled in the program if they choose.

TPC Intermediate Plus Teacher Training students do not attend classes in a traditional setting, but they are expected to complete approximately 8-15 hours weekly doing various Internship components (i.e. observing lessons, taking lessons and classes, practice teaching, personally practicing Pilates, watching videos and reading books.)

As part of the student's Internship, they are required to take 100 lessons. The majority of these lessons may be completed outside of The Pilates Center if necessary. Students will receive a 23% discount on classes and privates at The Pilates Center (compared to regular client prices). Students may also purchase monthly unlimited classes with a discount.

### Attendance Requirements

Students are required to attend one full cycle of the Formal Lecture Series (60 hours.) In addition, students must complete 521 Internship hours. Students are expected to arrive on time and with proper materials and attire. An overall attendance rate of 100% is required. Students have the option of attending the lectures in person but will attend them online through iTPC.

### Progress Policy

Each student is placed with an advisor. Three advising meetings are held during the student's 12 months, as shown in the iTPC, to ensure the student is progressing appropriately. If satisfactory progress is not being made or a student's behavior is inappropriate it is grounds of dismissal.

### Leaves of Absence

#### **Hold**

Trainees have the option to go "on hold" once during their year. The hold status can last for up to one year from the date of the hold. All Trainee benefits will cease during this period of time. A Trainee may take advantage of this option if they are injured, have a personal emergency or are not progressing as required. If a trainee becomes pregnant, the student will have an extended hold until the student is six months post-partum.

Based on the length of time on hold, the Trainee may be required to purchase and perform a Re-entrance Evaluation (\$80.00 USD). Should any pricing change during the leave, the Trainee is responsible to pay the cost of the current prices. The Director of Education and/or Assistant to DE must receive the signed Hold Form.

#### **Extensions**

Extensions are offered to provide extra time for Trainees to prepare themselves for exams, complete internship hours or to extend their benefits and graduation date due to personal

issues. Extensions are \$175.00 USD for one month (30 days) from the date of purchase. During an extension, trainees keep all benefits and continue to count all internship hours. Multiple extensions may be purchased.

Each student is enrolled in iTTPC and will have access throughout the program weekly internship requirements, program events, and online Formal Lectures and Exam requirements. Students are required to fill out, sign, and turn in an Extension Form to the Director of Education or Assistant to DE. If this does not occur, the student will be withdrawn from the program after one month has passed the student will be required to re-apply for the entire teacher training program again.

### Examination Process

There are six exams total: two written exams, one Intermediate Practice Practical, one Intermediate Practice Performance, one Intermediate Performance exam and one Intermediate Practical exam.

All exams are pass/fail with the passing mark at 85%. The first two written exams are graded by online, the grades are reported to the students immediately through the online management system. TPC keeps the tests in iTTPC and students may schedule with their advisor to go over their exams. The practice practical exam and practice performance are graded on the spot by one of the Licensed Teacher Trainers and discussed with the student immediately afterward. The practical exam is graded on the spot by two Licensed Teacher Trainers and discussed with the student immediately afterward. The performance exam is graded on the spot by one Licensed Teacher Trainer and discussed with the student immediately afterward.

If a student does not pass any exam, they must repeat it in order to continue at TPC – and are responsible for paying a separate fee to repeat the exam. Should a student fail any exam a second time, a written warning will be issued by the Director of Education and the situation will be discussed with the owners.

### Refund Policy

Refer to Page 30 in this Catalog.

### Completion Requirements

Successful Completion of 600 program hours:

- Orientation – 1.5 hours
- Formal Lectures - 60 hours
- Advisor Meetings – 4.5 hours

- Internship - 521 hours
- Exams - 12 hours
- A passing score of 85% or higher on five exams
- Completion of three advisor meetings
- Completion of four teaching clinics/skills
- Completion of reading list
- Completion of Anatomy Coloring Book
- Completion of personal Pilates journal

## **The Advanced Teacher Training Program**

### Program Overview

The Advanced Teacher Training Program is offered in a 12 or 18 month course and requires 950 hours to complete. It is comprised of two Formal Lecture Series, an 802 hour internship and eight exams.

### Program Objective

The graduate will be competent to teach all levels of Pilates exercises on all types of apparatus.

### Entrance Requirements

Prospective students must pass a Program Evaluation in which they demonstrate a proficiency in Level III exercises, and be injury free.

### Enrollment Procedure

Prospective students can enroll anytime based on enrollment quota openings as long as they have met the entrance requirements. Acceptance into the program does not guarantee graduation or PMA Certification

To apply, students submit an Application Form and include a \$105.00 USD application fee and the Program Evaluation costs \$80.00 USD to Kelli Burkhalter Hutchins, Director of Education. The Program Evaluation can be done by sending a video over the internet, by DVD, or in person. Students who pass the Program Evaluation then pay a \$250.00 USD registration fee.

Students accepted into the program sign Enrollment showing school protocols, procedures and refund policies.

### Program Costs

Application Fee	\$105.00 USD
Program Evaluation Fee	\$80.00 USD

Registration Fee	\$250.00 USD
Tuition: 12 month program	\$6,500.00 USD
Tuition: 18 month program	\$7,250.00 USD
Exams	\$2,000.00 USD
Books	\$300.00 USD (estimate)
Lessons	Estimate varies \$2,500 - \$8,500

### Payment Options

Students have three options to pay for the Advanced Teacher Training Program (see Addendum B, C, C1, E, F, and F1). A \$50.00 USD late charge will be applied to all late payments. Students must read and sign the Monthly or Quarterly Payment Plan Agreement (Addendum C, C1, F, and F1).

### Schedule

The Advanced Teacher Training Program can begin at any time during the year, and students must attend the Formal Lecture Series twice online through iTPC during their year. Students can attend the live Formal Lectures Series while enrolled in the program. Ending dates vary based on the program chosen (12 or 18 month) and on start date.

TPC Advanced Teacher Training students do not attend classes in a traditional setting, but they are expected to complete approximately 15-20 hours weekly doing various Internship components (i.e. observing lessons, taking lessons and classes, practice teaching, personally practicing Pilates, watching videos and reading books.) Students taking the 18 month program should complete 9-16 hours weekly of internship hours.

As part of the student's Internship, they are required to take 100 lessons. The majority of these lessons may be completed outside of The Pilates Center if necessary. Students will receive a 23% discount on classes and privates at The Pilates Center (compared to regular client prices). Students may also purchase monthly unlimited classes with a discount.

### Attendance Requirements

Students are required to attend two full cycles of the Formal Lecture Series (120 hours.) In addition, students must complete 802 Internship hours. Students are expected to arrive on time and with proper materials and attire. An overall attendance rate of 100% is required. Students have the option of attending the lectures in person but will attend them online through iTPC.

### Progress Policy



Each student is placed with an advisor. Four meetings are held during the student's year, as shown in iTPC, to ensure the student is progressing appropriately. If satisfactory progress is not being made or a student is behaving inappropriately it is grounds of dismissal.

### Leaves of Absence

#### **Hold**

Trainees have the option to go "on hold" once during their year. The hold status can last for up to one year from the date of the hold. All Trainee benefits will cease during this period of time. A Trainee may take advantage of this option if they are injured, have a personal emergency or are not progressing as required. If a trainee becomes pregnant, the student will have an extended hold until the student is six months post-partum.

Based on the length of time on hold, the Trainee may be required to purchase and perform a Re-entrance Evaluation (\$80.00 USD). Should any pricing change during the leave, the Trainee is responsible to pay the cost of the current prices. The Director of Education and/or Assistant to DE must receive the signed Hold Form.

#### **Extensions**

Extensions are offered to provide extra time for Trainees to prepare themselves for exams, complete internship hours or to extend their benefits and graduation date due to personal issues. Extensions are \$175.00 USD for one month (30 days) from the date of purchase. During an extension, trainees keep all benefits and continue to count all internship hours. Multiple extensions may be purchased.

Each student is enrolled in iTPC and will have access throughout the program weekly internship requirements, program events, and online Formal Lectures and Exam requirements. Students are required to fill out, sign, and turn in an Extension Form to the Director of Education or Assistant to DE. If this does not occur, the student will be withdrawn from the program after one month has passed the student will be required to re-apply for the entire teacher training program again.

### Examination Process

There are eight exams total: three written exams, one Performance Evaluation, two practice exams (practice Practical and practice Performance) and two final exams (Practical and Performance).

All exams are pass/fail with the passing mark at 85%. The first two written exams are graded online, the grades are reported to the students through the online management system. The third written test is graded by a Licensed Teacher Trainer. TPC keeps the tests in iTPC and students may schedule with their advisor to go over their exams. The practical exams are graded on the spot by two Licensed Teacher Trainers and discussed with the student immediately afterward.

If a student does not pass any exam, they must repeat it in order to continue education at TPC – and are responsible for paying a separate fee to repeat the exam. Should a student fail any exam a second time, a written warning will be issued by the Director of Education and the situation will be discussed with the owners.

### Refund Policy

Refer to Page 30 in this Catalog.

### Completion Requirements

Successful Completion of 950 program hours:

- Orientation - 3 hours
- Formal Lectures - 120 hours
- Advisor Meetings - 5 hours
- Internship - 802 hours
- Exams - 20 hours
- A passing score of 85% or higher on eight exams
- Completion of four advisor meetings
- Completion of eight hours of teaching clinics/skills
- Completion of reading list
- Completion of Case Study
- Completion of Anatomy Coloring Book
- Completion of personal Pilates journal

### **The Bridge Intermediate Program**

#### Program Overview

The Bridge Program is 12 months long, and requires 500 hours to complete. It is comprised of one Formal Lecture Series, a 420 hour Internship and five.

#### Program Objective

The graduate will be competent to teach all levels of Pilates exercises on all types of apparatus.

### Entrance Requirements

Prospective students must have completed The Pilates Center Intermediate Teacher Training Program. Students must be injury free.

### Enrollment Procedure

Prospective students can enroll anytime based on enrollment quota openings as long as they have met the entrance requirements. Acceptance into the program does not guarantee graduation or PMA Certification

To apply, students submit an Application Form and include a \$250.00 USD registration fee to Kelli Burkhalter Hutchins, Director of Education (the \$250.00 USD registration fee is applied to tuition).

### Program Costs

Registration Fee	\$250.00 USD
Tuition:	\$3,565 USD
Exams	\$1,700 USD
Books	\$300.00 USD (estimate)
Lessons	estimate varies \$1,250 - \$4,250

### Payment Options

Students have three options to pay for the Bridge Intermediate Program (see Addendum J, K, & K1). A \$50.00 USD late charge will be applied to all late payments. Students must read and sign the Payment Plan Agreement (Addendum J, K, & K1.).

### Schedule

The Bridge Intermediate Program allows students to begin anytime during the year. Ending dates vary based on start date.

Bridge Intermediate students do not attend classes in a traditional setting, but they are expected to complete between 9-11 hours per week doing various Internship components (i.e. observing lessons, taking lessons and classes, practice teaching, personally practicing Pilates, watching videos and reading books.)

As part of the student's Internship, they are required to take 50 lessons. The majority of these lessons may be completed outside of The Pilates Center if necessary. Students will receive a 23% discount on classes and privates at The Pilates Center (compared to regular client prices). Students may also purchase monthly unlimited classes with a discount.

### Attendance Requirements

Students are required to attend one full cycle of the Formal Lecture Series (60 hours.) In addition, students must complete 420 Internship hours. An overall attendance rate of 100% is required. Students have the option of attending the lectures in person but will attend them online through iTPC.

### Progress Policy

Each student is placed with an advisor. Two advising meetings are held during the student's year, as shown in iTPC, to ensure the student is progressing appropriately. If satisfactory progress is not being made or a student's behavior is inappropriate it is grounds of dismissal.

### Leaves of Absence

#### **Hold**

Trainees have the option to go "on hold" once during their year. The hold status can last for up to one year from the date of the hold. All Trainee benefits will cease during this period of time. A Trainee may take advantage of this option if they are injured, have a personal emergency or are not progressing as required. If a trainee becomes pregnant, the student will have an extended hold until the student is six months post-partum.

Based on the length of time on hold, the Trainee may be required to purchase and perform a Re-entrance Evaluation (\$80.00 USD). Should any pricing change during the leave, the Trainee is responsible to pay the cost of the current prices. The Director of Education and/or Assistant to DE must receive the signed Hold Form.

#### **Extensions**

Extensions are offered to provide extra time for Trainees to prepare themselves for exams, complete internship hours or to extend their benefits and graduation date due to personal issues. Extensions are \$175.00 USD for one month (30 days) from the date of purchase. During an extension, trainees keep all benefits and continue to count all internship hours. Multiple extensions may be purchased.

Each student is enrolled in iTPC and will have access throughout the program weekly internship requirements, program events, and online Formal Lectures and Exam requirements. Students are required to fill out, sign, and turn in an Extension Form to the Director of Education or Assistant to DE. If this does not occur, the student will be withdrawn from the program after one month has passed the student will be required to re-apply for the entire teacher training program again.

### Examination Process

There are five exams total: one written exams, two practice exams (practice Practical and practice Performance) and two final exams (Practical and Performance).

All exams are pass/fail with the passing mark at 85%. The written exam is graded by a Licensed Teacher Trainer TPC keeps the tests in iTPC and students may schedule with their advisor to go over their exams. The practical exams are graded on the spot by two Licensed Teacher Trainers and discussed with the student immediately afterward.

If a student does not pass any exam, they must repeat it in order to continue education at TPC – and are responsible for paying a separate fee to repeat the exam. Should a student fail any exam a second time, a written warning will be issued by the Director of Education and the situation will be discussed with the owners.

### Refund Policy

Refer to Page 30 in this Catalog.

### Completion Requirements

Successful completion of 500 program hours:

- Orientation - 3 hours
- Formal Lectures - 60 hours
- Advisor Meetings - 3 hours
- Internship – 420 hours
- Exams - 14 hours
- A passing score of 85% or higher on eight exams
- Completion of two advisor meetings
- Completion of four teaching clinics/skills
- Completion of reading list
- Completion of Case Study
- Completion of personal Pilates journal

## **The Bridge Plus Program**

### Program Overview

The Bridge Plus Program is 6 months long, and requires 350 hours to complete. It is comprised of one Formal Lecture Series, a 276 hour Internship and three exams.

### Program Objective

The graduate will be competent to teach all levels of Pilates exercises on all types of apparatus.

### Entrance Requirements

Prospective students must have completed The Pilates Center Intermediate Plus Teacher Training Program. Students must be injury free.

### Enrollment Procedure

Prospective students can enroll anytime based on enrollment quota openings as long as they have met the entrance requirements. Acceptance into the program does not guarantee graduation or PMA Certification.

To apply, students submit an Application Form and include a \$250.00 USD registration fee to Kelli Burkhalter Hutchins, Director of Education (the \$250.00 USD registration fee is applied to tuition).

### Program Costs

Registration Fee	\$250.00 USD
Tuition:	\$2,990.00 USD
Exams	\$1,100.00 USD
Books	\$300.00 USD (estimate)
Lessons	estimate varies \$1,250 - \$4,250

### Payment Options

Students have three options to pay for the Bridge Plus Program (see Addendum J, U, & U1). A \$50.00 USD late charge will be applied to all late payments. Students must read and sign the Payment Plan Agreement (Addendum J, U & U1).

### Schedule

The Bridge Program allows students to begin anytime during the year. Ending dates vary based on start date.

Bridge students do not attend classes in a traditional setting, but they are expected to complete between 10-15 hours per week doing various Internship components (i.e. observing lessons, taking lessons and classes, practice teaching, personally practicing Pilates, watching videos and reading books.)

As part of the student's Internship, they are required to take 40 lessons. The majority of these lessons may be completed outside of The Pilates Center if necessary. Students will receive a

23% discount on classes and privates at The Pilates Center (compared to regular client prices). Students may also purchase monthly unlimited classes with a discount.

### Attendance Requirements

Students are required to attend one full cycle of the Formal Lecture Series (60 hours.) In addition, students must complete 276 Internship hours. An overall attendance rate of 100% is required. Students have the option of attending the lectures in person but will attend them online through iTPC.

### Progress Policy

Each student is placed with an advisor. Two advising meetings are held during the student's year, as shown in iTPC, to ensure the student is progressing appropriately. If satisfactory progress is not being made or a student's behavior is inappropriate it is grounds of dismissal.

### Leaves of Absence

#### **Hold**

Trainees have the option to go "on hold" once during their year. The hold status can last for up to one year from the date of the hold. All Trainee benefits will cease during this period of time. A Trainee may take advantage of this option if they are injured, have a personal emergency or are not progressing as required. If a trainee becomes pregnant, the student will have an extended hold until the student is six months post-partum.

Based on the length of time on hold, the Trainee may be required to purchase and perform a Re-entrance Evaluation (\$80.00 USD). Should any pricing change during the leave, the Trainee is responsible to pay the cost of the current prices. The Director of Education and/or Assistant to DE must receive the signed Hold Form.

#### **Extensions**

Extensions are offered to provide extra time for Trainees to prepare themselves for exams, complete internship hours or to extend their benefits and graduation date due to personal issues. Extensions are \$175.00 USD for one month (30 days) from the date of purchase. During an extension, trainees keep all benefits and continue to count all internship hours. Multiple extensions may be purchased

Each student is enrolled in iTPC and will have access throughout the program weekly internship requirements, program events, and online Formal Lectures and Exam requirements. Students are required to fill out, sign, and turn in an Extension Form to the Director of Education or Assistant to DE. If this does not occur, the student will be withdrawn from the

program after one month has passed the student will be required to re-apply for the entire teacher training program again.

### Examination Process

There are three exams total: one written exams, and two final exams (Practical and Performance).

All exams are pass/fail with the passing mark at 85%. The written exam is graded by a Licensed Teacher Trainer. TPC keeps the tests in iTPC and students may schedule with their advisor to go over their exams. The practical exams are graded on the spot by two Licensed Teacher Trainers and discussed with the student immediately afterward.

If a student does not pass any exam, they must repeat it in order to continue education at TPC – and are responsible for paying a separate fee to repeat the exam. Should a student fail any exam a second time, a written warning will be issued by the Director of Education and the situation will be discussed with the owners.

### Refund Policy

Refer to Page 30 in this Catalog.

### Completion Requirements

Successful completion of 350 program hours:

- Orientation – 1 hours
- Formal Lectures - 60 hours
- Advisor Meetings - 3 hours
- Internship – 276 hours
- Exams - 10 hours
- A passing score of 85% or higher on three exams
- Completion of two advisor meetings
- Completion of two teaching clinics/skills
- Completion of reading list
- Completion of personal Pilates journal

### **The Bridge Other Program**

#### Program Overview

The Bridge Other Program is 12 months long, and requires 500 hours to complete. It is comprised of one Formal Lecture Series, a 416 hour Internship and seven exams.



### Program Objective

The graduate will be competent to teach all levels of Pilates exercises on all types of apparatus.

### Entrance Requirements

Prospective students must have completed a 450 hour Comprehensive Teacher Training Program. The students must pass a Level IV Performance on the Reformer and Practical Program Evaluation teaching a Level III Reformer, and be injury free.

### Enrollment Procedure

Prospective students can enroll anytime based on enrollment quota openings as long as they have met the entrance requirements. Acceptance into the program does not guarantee graduation or PMA Certification

To apply, students submit an Application Form and include a \$75.00 USD application fee to Kelli Burkhalter Hutchins, Director of Education. Qualified students will be contacted to set up a Performance and Practical Program Evaluation. The Performance Program Evaluation costs \$80.00 USD, due at the time of the evaluation. The Practical Program Evaluation costs \$160.00 USD, due at the time of the evaluation. Students who pass both Program Evaluations then pay a \$250.00 USD registration fee, applied to tuition.

### Program Costs

Application Fee	\$75.00 USD
Program Evaluation	\$240.00 USD
Registration Fee	\$250.00 USD
Tuition:	\$3,660.00 USD
Exams	\$1,800.00 USD
Books	\$300.00 USD (estimate)
Lessons	Estimate varies \$1,250 - \$4,250

### Payment Options

Students have three options to pay for the Bridge Other Program (see Addendum I, L, & L1). A \$50.00 USD late charge will be applied to all late payments. Students must read and sign the Payment Plan Agreement (Addendum L & L1).

### Schedule

The Bridge Other Program allows students to begin anytime during the year. Ending dates vary based on start date.

Bridge Other students do not attend classes in a traditional setting, but they are expected to complete between 8-11 hours per week doing various Internship components (i.e. observing lessons, taking lessons and classes, practice teaching, personally practicing Pilates, watching videos and reading books.)

As part of the student's Internship, they are required to take 50 lessons. The majority of these lessons may be completed outside of The Pilates Center if necessary. Students will receive a 23% discount on classes and privates at The Pilates Center (compared to regular client prices). Students may also purchase monthly unlimited classes with a discount.

### Attendance Requirements

Students are required to attend one full cycle of the Formal Lecture Series (four weekends total, 60 hours.) In addition, students must complete 416 Internship hours. An overall attendance rate of 100% is required. Students have the option of attending the lectures in person while enrolled in the program but will attend them online through iTPC.

### Progress Policy

Each student is placed with an advisor. Two advising meetings are held during the student's year, as shown in iTPC, to ensure the student is progressing appropriately. If satisfactory progress is not being made or a student's behavior is inappropriate it is grounds of dismissal.

### Leaves of Absence

#### **Holds**

Trainees have the option to go "on hold" once during their year. The hold status can last for up to one year from the date of the hold. All Trainee benefits will cease during this period of time. A Trainee may take advantage of this option if they are injured, have a personal emergency or are not progressing as required. If a trainee becomes pregnant, the student will have an extended hold until the student is six months post-partum.

Based on the length of time on hold, the Trainee may be required to purchase and perform a Re-entrance Evaluation (\$80.00 USD). Should any pricing change during the leave, the Trainee is responsible to pay the cost of the current prices. The Director of Education and/or Assistant to DE must receive the signed Hold Form.

#### **Extensions**

Extensions are offered to provide extra time for Trainees to prepare themselves for exams, complete internship hours or to extend their benefits and graduation date due to personal issues. Extensions are \$175.00 USD for one month (30 days) from the date of purchase. During

an extension, trainees keep all benefits and continue to count all internship hours. Multiple extensions may be purchased.

Each student is enrolled in iTPC and will have access throughout the program weekly internship requirements, program events, and online Formal Lectures and Exam requirements. Students are required to fill out, sign, and turn in an Extension Form to the Director of Education or Assistant to DE. If this does not occur, the student will be withdrawn from the program after one month has passed the student will be required to re-apply for the entire teacher training program again.

### Examination Process

There are seven exams total: three written exams, two practice exams (practice Practical and practice Performance) and two final exams (Practical and Performance) depending on requirements from previous TTP.

All exams are pass/fail with the passing mark at 85%. The first two written exams are graded by online and the grade is reported to the students immediately through the online management system. The third written test is graded by a Licensed Teacher Trainer. TPC keeps the tests in iTPC and students may schedule with their advisor to go over their exams. The practical exams are graded on the spot by two Licensed Teacher Trainers and discussed with the student immediately afterward.

If a student does not pass any exam, they must repeat it in order to continue education at TPC – and are responsible for paying a separate fee to repeat the exam. Should a student fail any exam a second time, a written warning will be issued by the Director of Education and the situation will be discussed with the owners.

### Refund Policy

Refer to Page 30 in this Catalog.

### Completion Requirements

Successful completion of 500 program hours:

- Orientation - 2 hours
- Formal Lectures - 60 hours
- Advisor Meetings - 3 hours
- Internship – 416 hours
- Exams - 18 hours
- A passing score of 85% or higher on eight exams

- Completion of two advisor meetings
- Completion of two teaching clinics
- Completion of reading list
- Completion of Case Study
- Completion of Anatomy Coloring Book (depending on requirements)
- Completion of personal Pilates journal

## **The Master's Program**

### Program Overview

The Pilates Center Master's Program is a flexible "graduate" level program comprised of 116 hours. Students have up to three years to complete all requirements.

### Program Objective

The graduate will have completed "master" level studies in Pilates methodology, pedagogy, philosophy, and kinesiology.

### Entrance Requirements

- Graduation from a comprehensive Pilates teacher training program that included a minimum of 450 hours of education on all apparatus
- Six months of professional teaching experience

### Enrollment Procedure

Prospective students can enroll anytime throughout the year based on enrollment quota openings as long as they have met the entrance requirements. Acceptance into the program does not guarantee graduation.

To apply, students submit an Application Form and include a \$125.00 USD application fee to on the website which will be emailed directly to Kelli Burkhalter Hutchins, Director of Education. Students who are accepted then pay a \$250.00 USD registration fee.

Students accepted into the program sign an Enrollment Agreement (Addendum G) showing school protocols, procedures and refund policies.

### Program Costs

Application Fee	\$125.00 USD
Registration Fee	\$250.00 USD
Workshops and Internship*	\$2,240.00 USD (56 hours)
Formal Lectures	\$2,250.00 - \$2,400.00 USD

Exit Paper \$200.00 USD

#### Internship\*:

An optional maximum of 20 hours of Internship may be completed towards the 116 hours requirement. These hours must be completed equally between Observation, Lessons, and Observed Teaching. These hours must be completed at TPC or with a TPC Licensed Teacher Trainer.

Observation	7 hours
Lessons	7 hours
Observed Teaching	6 hours

Once a student begins the program, all courses (i.e. workshops) are paid for at the time taken. There is no “pre-paid” tuition for the Master’s Program.

#### Schedule

The Master’s Program may begin at any time during the year, and students have three years from the start date to complete all necessary hours.

#### Attendance Requirements

Students are required to attend a total of 116 hours. All students are required to attend Formal Lecture Series Weekend I – IV (total of 60 hours) either live or online. The remaining 56 hours are TPC MP approved workshops. Students can choose to complete all 56 hours as workshops or 36 hours of TPC MP approved workshops and 20 internship hours completed at TPC or with a TPC Licensed Teacher Trainer. An overall attendance rate of 100% is required. Upon completion of the 116 required hours, students will complete an exit paper (required).

#### Progress Policy

Students are expected to be self-directed to complete their hours within the three year timeframe. Students who do not complete all 116 hours do not graduate. If satisfactory progress is not being made it is grounds of dismissal.

#### Extensions

Extensions are offered to provide extra time for students to complete their hours. Extensions are \$50 for one month (30 days) from the date of purchase. During an extension, students keep all benefits. Multiple extensions may be purchased.

#### Examination Process

There are no exams required to graduate from the Master's Program.

### Refund Policy

Although there is no pre-paid tuition for the Master's Program, a student may choose to pay for all four Formal Lectures weekends up front to obtain a discount. Should the student withdraw from the program and not attend all weekends, the refund policy outlined in the Enrollment Agreement (Addendum G) applies. Any deposit received by TPC for a workshop is transferrable to other workshops and will be placed on account credit.

### Completion Requirements

Successful Completion of 116 program hours:

- Formal Lectures - 60 hours (non-TPC graduates) at TPC, any Licensed Studio, or online
- Workshops and optional Internship 56 hours of approved MP workshops worldwide
- Exit Paper

## **Refund Policy for all Programs**

- A. The student will receive a full refund of tuition and fees paid if the school discontinues a course/program within a period of time a student could have reasonably completed it, except that this provision shall not apply in the event the school ceases operation.
1. Students not accepted to the school are entitled to all moneys paid.
  2. Students who cancel this contract by notifying the school within three (3) business days are entitled to a full refund of all tuition and fees paid.
  3. Students who withdraw after three (3) business days, but before commencement of classes, are entitled to a full refund of all tuition and fees paid except the maximum cancellation charge of \$150 or 25% of the contract price, whichever is less.
- B. A student may contact Division of Private Occupational Schools for complaints, 1560 Broadway, Suite 1600 Denver, CO 80202, (303) 862-3001. The website for the Division is <http://highered.colorado.gov/dpos>. All student complaints to be received by the Division must be in writing and may be filed online at [www.state.co.us/dpos](http://www.state.co.us/dpos). There is a two-year limitation (from student's last date of attendance) on the Division taking action on student complaints.
- C. All refunds will be made within 30 days from the date of termination. The official date of termination or withdrawal of a student shall be determined in the following manner:
1. The date on which the school receives written notice of the student's intention to discontinue the Program – accompanied by copies of the student's internship log

- or the student's last date of actively being present at the studio (or "home studio") and participating in Internship duties or attending lectures.
  - 2. The date on which the student violates published school policy which provides for termination.
  - 3. Should a student fail to return from going "on hold", the effective date of termination for the student is the earlier of: 1) the date the school determines the student is not returning, or 2) the day following the expected return date.
- D. In the case of students withdrawing after beginning the program, the school will retain a cancellation charge of \$150 or 25% of the tuition amount whichever is less plus a percentage of tuition and fees, which is based on contact hours, as described in the tables following. The refund is based on the last date of recorded attendance, and is applied by quarters for the education program.
- E. The Pilates Center does not accept previous credits from any other non-TPC training facility. Therefore, any previous training completed by a student will not affect the refund policy.

Student is entitled to upon withdrawal/termination	Refund
Within first 10% of quarter	90% less cancellation charge
After 10% but within first 25% of quarter	75% less cancellation charge
After 25% but within first 50% of quarter	50% less cancellation charge
After 50% but within first 75% of quarter	25% less cancellation charge
After 75% (if paid in full, cancellation charge is not applicable)	NO Refund

## School Calendar

### Formal Lecture Series

- Weekend 1 April 20 - 22
- Weekend 2 April 27 - 29
- Weekend 3 June 15 - 17
- Weekend 4 June 22 - 24

### Lectures Hours - All Cycles

- Friday 4:00 p.m. – 7:00 p.m.
- Saturday Noon – 3:00 p.m., 4:00 p.m. – 7:00 p.m.
- Sunday 9:00 a.m. – Noon, 1:00 p.m. – 4:00 p.m.

### Internship Hours

- Monday 8:30 a.m. – 7:30 p.m.

Tuesday	7:00 a.m. – 7:30 p.m.
Wednesday	8:30 a.m. – 7:30 p.m.
Thursday	7:00 a.m. – 7:30 p.m.
Friday	8:30 a.m. – 3:00 p.m.
Saturday	9:00 a.m. – 12:00 p.m.

TPC is closed Thursday's from 2:00 p.m. – 3:00 p.m. for staff meeting. No students or clients are allowed in the studio during that time.

### Holiday Closures

New Years Day  
Memorial Day  
4th of July  
Labor Day  
Thanksgiving Day  
Week of Christmas

## **Facilities & Services**

TPC is located at 5500 Flatiron Parkway, #110, Boulder, Colorado 80301. TPC is a fully equipped Pilates studio with nine Universal Reformers, two Cadillacs/Trapeze tables, six Pole Systems, six Low Chairs, one High Chair, one Ped-o-pul, one Ladder Barrel, and several additional barrels of various sizes. TPC has a variety of magic circles of various strengths and smaller optional Pilates apparatus, and additional foam mats. TPC also has a video and audio library, and study and support materials are available.

## **School Policies and Procedures**

### Conduct Policy

Students are expected to act in a respectful, mature and professional manner when in TPC. Students are expected to follow observation, practice teaching, and studio protocol when applicable. Students receive copies of all Protocols upon beginning the program.

### Dismissal

TPC reserves the right to terminate any student from any program at any time. In the event that a student is terminated from the program, TPC shall refund any unused Training Program money on a pro-rated basis per the Refund Policy.

### Transfer Credits



TPC does not require or accept credits in education or training from any other institution in Colorado. TPC is not affiliated with any other training facilities in Colorado and does not guarantee the transferability of its credits to any other institution unless there is a written agreement with another institution.

No applicant will be denied on the basis of race, national origin, color, creed, religion, sex, age, disability, gender identity, gender expression, or sexual orientation.

#### Placement Assistance

TPC posts job openings on our website to aid students and graduates in finding employment. There is no guarantee, expressed or implied, regarding future employment opportunities.

#### Student Grievance Procedure

A student may contact the Division of Private Occupational Schools for complaints, 1560 Broadway, Suite 1600 Denver, CO 80202, (303) 862-3001. All student complaints to be received by the Division must be in writing and may be filed online at [www.highered.colorado.gov/dpos](http://www.highered.colorado.gov/dpos). There is a two-year limitation (from student's last date of attendance) on the Division taking action on student complaints.

#### Postponement of Starting

Postponement of a starting date, whether at the request of the school or the student, requires a written agreement signed by the student and the school. The agreement must set forth:

- a) Whether the postponement is for the convenience of the school or the student, and
- b) A deadline for the new start date, beyond which the start date will not be postponed.

If the course is not commenced, or the student fails to attend by the new start date set forth in the agreement, the student will be entitled to an appropriate refund of prepaid tuition and fees within 30 days of the deadline of the new start date set forth in the agreement, determined in accordance with the school's refund policy and all applicable laws and rules concerning the Private Occupational Education Act of 1981.

#### Continuing Education Workshops

Prerequisite for all Master's Program Students: Must have been teaching for at least six months to attend MP workshops as a Master's Program student.

**Your "Second Heart"- and Possibly the Missing Link! - 4 hours**

The Pilates method is first and foremost about circulation – the “internal shower” of oxygen-rich blood flow required to “return to life” as Mr. Pilates intended his system of exercise to enable. We are all familiar with how our heart plays the essential role in that job. However, do you know you have a “second heart” too? Often, this second heart is not used as well as it needs to be and becomes the missing link in our vital health. This second heart is the powerful contraction of .... your calves and feet!

The pumping action of the heart delivers oxygen-rich blood to cells via arteries. After cells have been nourished, the blood is returned to the heart through the veins to be re-oxygenated in the lungs. The residual pumping force of the heart helps propel the blood back through the veins – but here’s where that missing link might be. The contraction of the muscles of the calves and feet need to powerfully aid in this uphill trip. This calf/foot pumping system is what is often referred to as the “second heart”.

In this workshop we will explore how our modern life-style – especially the chair – leads to a reduction in the ability of the second heart to help with circulation. Add to that the prevalence of hyperextension of the knees which essentially cuts the leg off at the middle, and now our calves are nearly off the circulation map entirely.

Then we will discover the many ways in which Pilates is specifically designed to keep the calves and feet - this key part of our ultimate health mechanism - strong, flexible and connected.

### **Breathing for Full Body Health**

“Capacious” inspiration is the ultimate goal of Pilates, and for good reason - oxygen is the primary element necessary for human life and health. The human body is about two thirds oxygen. When we breathe in - ‘inspire’ - oxygen is absorbed through the lungs into the blood stream, and then transported to the cells to enable metabolism – i.e. the continuous process of building up new tissue, replacing old tissue, converting food to energy, disposing of waste materials, etc. - all the activities that we call "life." In other words, breathing is life.

In this workshop we will explore how the Pilates exercises are specifically and uniquely designed to tone the breathing mechanism so it is strong, flexible, capacious, and balanced. And then how the exercises enable the free distribution of all that oxygen throughout the entire body, cleansing and reviving it like an “internal shower.” The result – an enhanced ability to stay healthy and vital. As Joseph Pilates affirmed – “Breathing is the first act of life, and the last. Above all, learn how to breathe correctly!” After all, your life – and health – depends on it.

### **Accessing Our Wisdom: Becoming an Exceptional Pilates Teacher**

The process of evolving our understanding from information to knowledge and from knowledge to wisdom is paramount in becoming an exceptional teacher. This workshop will

address how to remain true to Pilates in the face of all the other viable information we receive, absorbing and reframing new information back into the Pilates form without compromise. By utilizing the Pilates repertoire, and through observing bodies in motion, this workshop will explore how to use what we “know” to enable people to achieve their full potential by enhancing their movement choices.

### **Timing is Everything**

Uniform development inherently arises from the ideal, innately “true” timing of muscles firing to create healthy movement. In this workshop we will utilize the Pilates exercises and equipment to strengthen our depth of understanding of the precise timing required and to develop our visual assessment skills of these patterns and progressions. Mastery of these will help us determine how to accurately support our clients to achieve their most powerfully healthy movement choice.

### **Footwork: The Pilates Fortune Teller**

Footwork reveals nearly every issue a client is experiencing. By learning to see and understand what Footwork is telling us, teachers can predict where those issues will lead if left unheeded. In this workshop we will utilize the entire Pilates method to connect the struggles we see during equipment or Matwork exercises with issues that first appear during Footwork; then learn to teach effective, efficient, and functional movement patterns from the start to correct these problems.

### **Accessing Your Psoas: Creating True Integrated Movement**

Joseph Pilates designed every movement in his system to involve the ‘whole body,’ and to connect it in its entirety to and from its core/center/powerhouse. Do you move from your center in a truly organic, whole body, integrated way? Are you able to assess whether your clients can – and if not, why not? In this workshop we will utilize Pilates spinal and hip flexion and extension exercises to develop our visual assessment skills to determine whether movement is actually coming from ‘the center’ correctly and efficiently, and if not, how to correct it. The ultimate power and health potential that can be achieved through Pilates is only possible when this integrated connection is accessed as its inherent human design dictates.

### **Master’s Week with Amy / Rachel**

TPC is always working to provide you with amazing CEC opportunities, and our Master’s Week is no exception. Master’s Week is designed for professional teachers, specifically those enrolled in our Master’s Program, but it is open to all Pilates teachers as well. It comprises 20 hours over 5 days – M-F, 2-6pm usually. Each day focuses on one piece of equipment – i.e. Reformer, Mat, Cadillac/Pole, Chairs, Misc., and is taught by TPC owners and Master Teacher Trainers, Rachel Taylor Segel and Amy Taylor Alpers, each having over 20 years of professional

experience teaching Pilates. Join us for a deep exploration of the potential of Pilates to transform your clients and therefore, the world.

### **Pre and Post Natal Pilates**

Pregnancy, childbirth, and the first year postpartum bring with them vast changes for women's bodies in a remarkably short period of time. As Pilates teachers, we are in a unique position to support women in making the most of this special opportunity. In this workshop we will familiarize ourselves with the movement patterns and anatomical imbalances that pregnant and postpartum women typically exhibit and learn how to effectively guide them to either support their pregnant bodies or rebuild their post-partum bodies from the ground up.

### **Weight Bearing in the Upper Body**

Rediscover how arm and shoulder strength and integration promotes healthier spinal function. We will explore the difference in “hanging” exercises vs “pushing” exercises. By journeying through a progression of basic through advanced exercises, attendees will learn how to promote limb integration in themselves and their clients.

### **The Power of Spirals**

Spirals are constantly occurring in nature because the pattern works so well in so many different ways. In this workshop we will explore the spirals and rotations inherent in the choreography of the Pilates method and how those patterns correspond to and enhance the function of the spirals found in our own anatomy. Come prepared to move and practice teach.

### **From the Ground Up**

In this workshop we will delve into the power inherent in the feet, which both ground our entire body as well as act as a conduit for energy and information. We will explore the ramifications of the support and action of the feet rising through the legs and into the hips and pelvis. We will learn how to get the most out of and into our feet throughout the Pilates repertoire.

### **Pilates and the Shoulder Girdle**

By learning to facilitate optimum movement in our client's shoulder girdle – whether they are healthy, pregnant or post-partum, or even injured – we can help our clients relieve neck pain, shoulder cuff injuries, carpal tunnel syndrome, etc. as well as enhance and deepen their breathing. We will review key Pilates exercises which access and strengthen the shoulder girdle in order to rehabilitate or to prepare for Level IV-V exercises.

### **Pelvis Power**

In this workshop, we will explore key Pilates' exercises focusing on the use of the pelvic girdle and its' corresponding movement skills. By tapping the energy source of the pelvis you can turn on the belly, decompress the spine, and balance the hip flexors and extensors. Exploring and understanding this amazing support structure through the Pilates method will help you access and strengthen your client's full "power house".

### The Song and Dance of Pilates

This workshop will explore the importance of fluid movement at all levels of Pilates to create uniform development. Learn how the unique quality of movement and timing of breath in each exercise functionally creates muscular balance for strength and flexibility.

### Pilates: A Series of Events

Inside the Pilates method we are given such a rich repertoire to draw from and teach appropriately to the ability of our clients. The levels build brilliantly and when we develop the skills inside each exercise through the levels we can be very effective as movement educators. The unique structure of the "series" present us with a greater capacity to organize in a logical way.

This workshop will explore how exercises build inside a series and how they advance to other exercises with similar skill sets in a safe, practical way.

### Road Map to the Body: Understanding Boney Landmarks

The Skeleton is the grid to alignment in the body. Boney Landmarks are an accessible road map into seeing and creating symmetry movement. With good skeletal alignment, muscular balance is now easily achieved. This workshop presents tools and explores ways to use Boney Landmarks in teaching the Pilates Method for uniform development.

### **Odds and Ends: Exploring the Miscellaneous Exercises in the Classical Repertoire**

Joseph Pilates brilliance becomes even more apparent when we understand and utilize the miscellaneous exercises to uniformly develop the body. Not only are these exercises powerful, the equipment tends to be less expensive, therefore more accessible to complete your studio and affordable to your clients for home use.

### **Low Chair Progressions**

Create exceptional Low Chair classes that will stimulate your teaching and energize your clients! In this workshop we will approach Pilates Low Chair work in the context of dynamic movement and how to truly access the spring. The "optional" low chair exercises are frequently utilized individually, but in this workshop we will learn to link them together in sequences that

create support throughout the structure, develop a foundational connection through the end points, and general spinal resiliency.

### **Be One with the Spring - The Value of Moving With It, Not Against It.**

The concept of 'resistance' in Pilates can be a complicated and confusing issue for many teachers and clients. In this workshop we will explore the difference of what moving 'with' the spring and not 'against' it looks like. We will discover how to teach our clients to "find the spring" and "move the spring through their bodies" – to truly connect with it. By deepening our understanding of the unique value of using the Pilates springs, straps, handles, etc. to their full advantage, we will better enable our clients to achieve maximum results: elongated core connections, better breathing, more supple spine, uniform development, and full body integration.

### **The Art of Teaching**

The foundation of teaching Pilates has two key elements. First, there is the craft which includes the specific exercises, techniques and underlying principles of Pilates. The second element is the unique physical and energetic embodiment - our personal spin - of the principles including how you use your body, voice and words.

The marriage of these two elements gives rise to a third, more subtle element which is confidence and skill. A commitment to both clients and students demands that we push not only through our own perceived limits, but through theirs as well. If you are confident of your teaching you are better able to relax and "see" where your clients and students are stuck. You can then adapt your presentation and methods to find a way through the stuck places to achieve a higher level of understanding and satisfaction.

### **4 Exercises in 1: Seamless Classes at Any Level**

As a Pilates teacher, you are often forced to adapt your instruction to time, limits of the client and to your environment. In this workshop, you will learn multiple variations on Pilates choreography in order to use your teaching time fully as well as provide new opportunities for clients to develop skills. After completing this course your knowledge of the many components available in any one exercise will be significantly expanded so that you will be able to enrich even the most basic routine and keep interest levels up.

### **Cuing with Precision**

The purpose of this workshop is for participants to develop a deeper understanding of the impact of clear communication when teaching in order to facilitate the highest results for

clients. Cuing is an indispensable skill that can only occur when teachers understand the body of work, the nuances of the equipment and philosophy supporting movement.

### **The Fundamental Importance**

Learn to embody the principles of Pilates as they are taught through the fundamental movements, and develop a deeper connectivity into your own uniform development as it applies to Pilates practice and life. This workshop will illustrate how fundamental movements are vital and how by understanding and applying the foundations of fundamentals as tools, a teacher is able to guide clients safely and with confidence.

### **Biographies of Licensed Teacher Trainers of The Pilates Center in Boulder, Colorado.**

**Amy Taylor Alpers** was born in Youngstown, Ohio. She began classical ballet in her childhood, studied dance in college, danced professionally and later taught ballet.

Amy attended The Juilliard School for Dance, danced with the Garden State Ballet in New Jersey, and received a B.A. in Dance and a M.A. in Dance History from New York University. In addition, Amy taught ballet at various dance schools in New York City for ten years.

Both Amy and her sister Rachel studied Pilates under the direct tutelage of Romana Kryzanowska at The Pilates Studio. They received their Pilates teaching certificate in July of 1989. In 1990, after moving to Boulder, Colorado, Amy and Rachel opened The Pilates Center. The sisters established The Pilates Center Teacher Training Program in 1991. Since the mid-nineties, Amy has traveled the world teaching graduate level continuing education workshops.

The sisters co-authored [The Everything Pilates Book](#), are active in the Pilates Method Alliance (PMA) and assisted in creating the PMA's certification exam.

**Rachel Taylor Segel** was born in Youngstown, Ohio. She began classical ballet in her childhood, studied dance in college, danced professionally and taught ballet.

Rachel received a B.F.A. from the University of Colorado, and B.A. in Dance from Loretto Heights College in Denver, CO. She danced professionally with the David Taylor Dance Theatre, and Brent Mason and Company. In addition, she taught ballet and was director of the dance department at the Arvada Center for the Performing Arts. In 1986, Rachel moved to New York City and there she also taught ballet at The Alvin Ailey School.

Both Rachel and her sister Amy studied Pilates under the direct tutelage of Romana

Kryzanowska at the Pilates Studio in New York City. They received their Pilates teaching certificate in July of 1989. In 1990, after moving to Boulder, Colorado, Amy and Rachel opened The Pilates Center (TPC). The sisters established The Pilates Center Teacher Training in 1991. The sisters co-authored The Everything Pilates Book, are active in the Pilates Method Alliance (PMA) and assisted in creating the PMA's certification exam. Rachel is currently a member of the PMA Certification Commission. She travels extensively worldwide presenting TPC Pilates teacher training workshops of all levels.

After two years of research and development with Balanced Body, Rachel and Amy have created the Centerline Pilates Reformer, Cadillac, and Low Chair.

**Debora Robinson Kolwey** began her movement studies in high school, with yoga, ballet, modern dance and theatre arts. She received her BFA in dance from New York University's Tisch School of the Arts and upon graduation pursued a career in modern dance, in NYC.

In 1982 Debora moved to Boulder Colorado to dance with The Nancy Spanier Dance Co. While teaching fitness at a local gym, she apprenticed with Stephan Frease to become trained in Pilates, and in 1985 opened a small studio in her home. She spent the next few years teaching privately and traveling to study with first generation teachers. Pivotal to her development was an apprenticeship with Eve Gentry. After Eve's death, Michele Larsson and Debora created the first Core Dynamics workshops to carry on Eve's legacy.

In 1991 Debora joined the teaching staff at The Pilates Center in Boulder, and in 1999 became a Licensed Teacher Trainer for The Pilates Center. Debora is devoted to teaching. She is inspired by this opportunity to explore, with all types of people, that which supports us in becoming more fully human and finding deeper satisfaction in this life. She is influenced from many sources, including a wide variety of movement and alternative healing systems, spiritual philosophies, and her long-time practice of contemplative meditation.

Debora is certified by Eve Gentry, the original Pilates Institute, The Pilates Center (1992), The PMA, and has most recently completed Eric Franklin's Level I Educator training.

**Kaile Larson Ziemba** received her B.F.A. in Dance from the University of Colorado. She began studying the Pilates method in 1997 and quickly became hooked.

Kaile earned her Certificate of Completion from The Pilates Center Teacher Training Program in 2004 and The Master's Program in 2008. She has been a Licensed Teacher Trainer at The Pilates Center since 2010. She is a working mom with two young boys. Kaile's high energy and enthusiasm makes her one of the most requested instructors and teacher trainers at The Pilates Center.



Kaile is a former professional dancer and aerialist. Currently she enjoys rock climbing, skiing, hiking and cycling. Through Pilates Kaile feels more empowered, stronger and more flexible and is able to approach life and movement with more confidence.

**Leah Wecksler** earned her a B.A. from Evergreen State College in Olympia, Washington and her Certificate of Completion from The Pilates Center Teacher Training Program in 1999.

As a dancer, Leah first became interested in Pilates as it applied to dance technique, injury prevention and rehabilitation. Leah's insight in understanding movement patterns and potentials combined with her excitement for passing this information on inspires her clients to be responsible and in control of their own health and well being.

**Kelli Burkhalter Hutchins's** unique perspective when teaching Pilates comes from early exposure to the world of fitness and from being a competitive swimmer who was skilled enough to participate in the Jr. Olympics. She discovered classical Pilates in 2002 and became so passionate about the method that she enrolled in The Pilates Center Teacher Training Program. After receiving her diploma in 2005, Kelli began teaching at The Pilates Center where she continues to work as an instructor. She is a Master's Program Presenter, Examiner at TPC, and PMA certified. Kelli is the Director of Education for all of The Pilates Center's educational programs. She is skilled as a comprehensive instructor on all equipment but has earned a noteworthy reputation for her "killer" chair classes and expertise in working with the upper body. Kelli has a B.A. in Psychology from the University of Colorado and continues to broaden her Pilates knowledge by mentoring with master teachers Amy Taylor Alpers and Rachel Taylor Segel.