



THE BODY IN BALANCE STUDIO U.G. KREUZBERGSTRÄBE 30, 10965 BERLIN

Comprehensive Teacher Training – Intensive Module Format over 6 Months

PART 1 - 121 SEMINAR HOURS

This part of the course includes 121 hours of theory and practice (exercises on Reformer, Cadillac, Wunda Chair, Ladder Barrel, Mat).

Schedule: 2nd Series 2026

3. Juli-6.Juli, 28. Aug-31. Aug, 25. Sept-28. Sept, 16. Okt-19. Okt, 20. Nov-23. Nov

The Body In Balance Studio U.G. reserves the right to make changes to the planned timetable. This applies in particular to the rescheduling of individual seminars within the entire course duration. The Body In Balance Studio U.G. also reserves the right to cancel seminars at short notice, especially in the event of illness. Participants who miss an agreed date are responsible for making up the material at a later date.

PART 2 - 30 HOURS DISTANCE LEARNING/PROJECT WORK

By arrangement, to be completed in the periods between seminars.

PART 3 - 50 OBSERVATION HOURS

40 hours of observation should be completed. The name of the trainer, type of class (e.g.individual or group instruction, apparatus or mat training), location and date must be documented. Please note that these hours do not have to be completed in Berlin. Observation hours can be taken at the Body In Balance Studio, with client approval.

PART 4 - 80 SELF MASTERY HOURS

Please note that at least 40 of these hours must be completed at The Body In Balance Studio. The name of the trainer, type of class (e.g.individual or group instruction, apparatus or mat training), location and date must be documented. *The cost of these lessons is not included in the training price, but a discounted "flat rate" package is available exclusively for teacher training participants who wish to attend classes at the studio.*

Between seminar dates, a minimum number of participation hours should be completed if possible, to support the work undertaken during seminars:

Between 6. Juli – 28. Aug: 8 Hours

Between 31.Aug- 25.Sept: 8 Hours

Between 28. Sept – 16. Oct: 8 Hours

Between 19.Oct – 20. Nov: 8 Hours

The remaining hours must be completed before registering for the final exam.

PART 5 -50 SELF STUDY

Trainees are expected to invest at least 100 additional hours of their time, learning exercises, working on the quality of their own movement, reading reference books and watching videos, additional

observation hours and self mastery training. All of these hours above must be recorded in the logbook, to give the trainee an overview and a structure for their studies.

PART 6 – 50 PRACTICE HOURS ON ORIGINAL PILATES STUDIO EQUIPMENT

Please note that these hours do not have to be completed in Berlin. The location and date of the training must be noted in the logbook and signed by the studio owner or another representative. Participants have the opportunity to practice at The Body In Balance Studio U.G. during this training by arrangement. These studio hours are bookable within 10 months of the first day of this training. After 10 months, The Body In Balance Studio U.G. has the right to refuse to offer further hours. These hours must be arranged with Joanna Mountifield. Joanna Mountifield and The Body In Balance Studio U.G. accept no liability should a participant injure themselves during these hours.

PART 7 - 40 TEACHING HOURS

Before registering for the final exam, the student must teach a total of 40 hours. These hours can be given in Pilates studios, gyms or privately rented training spaces. A maximum of 5 of these lessons can be mat lessons. These hours do not have to be completed in Berlin or at The Body In Balance Studio. The date, location, time and content of the class (mat, equipment, private session or group class) must be recorded in the logbook provided.

PART 8 - EXAMINATION

You will then receive written confirmation of your registration. The examination must be taken within three years of the official end of the seminar component of the course. One examination appointment is included as part of the training and there are no additional costs. If you register for a second examination date (practical, theory or both), an additional fee of 100 euros will be charged. A third examination date is no longer possible. All cancellations must be made in writing.

EXAM REGISTRATION PROTOCOL:

The student must first submit a video of themselves teaching a client. The video should show 10 exercises, 2 each on the Reformer, Wunda Chair, Ladder Barrel, Cadillac and Mat. The video will be used to assess readiness to register for the formal exam.

Confirmation of all of the above required hours in the form of a completed logbook is also required prior to registering for the final exam.

THE EXAM:

Part 1: Written exam - multiple choice (50 questions)

Part 2: Practical examination: *Demonstration* - one exercise selected by the examiner per apparatus (Reformer, Cadillac, Chair, Ladder Barrel, Mat: 5 exercises in total)

Instruction - 2 exercises per apparatus selected by the examiner (Reformer, Cadillac, Chair, Ladder Barrel, Mat: 10 exercises in total)

Part 3: Private interview with the examiner.

Confirmation of the result of the examination is sent by post. Successful completion leads to certification as a teacher of the Pilates method.

Studio U.G for a Comprehensive Pilates teacher training course:

§1 You will receive a written confirmation of your registration, whereby the course contract, which is binding for both parties, is concluded.

§2 The capacity of the courses is limited. Registrations will be considered in the order in which they are received.

§3 The course fees are 4046 € (3400€ plus 19% Ust 646€) if paid in full before the course starts.

PLEASE CHOOSE ONE OF THE 3 FOLLOWING PAYMENT OPTIONS:

Option a) 500€ is due to reserve your place on the course.

The balance of 3546 can be paid in full before the first seminar.

Alternatively payment can be made as follows:

500€ is due to reserve your place on the course.

Option b) 7 monthly installments of 520€

Total 4140 € including tax

Option c) 10 monthly installments of 370€

Total 4200 € including tax

§4 All cancellations must be made in writing. The date on which The Body In Balance Studio U.G. receives the cancellation is decisive. Cancellation/withdrawal after the start of the course is only possible if the participant is unable to participate in the first part of this training program for medical reasons. This part can also be completed without engaging in a physical practice. The medical reasons must be confirmed in writing by a doctor. In this case, The Body In Balance Studio U.G. will retain 1000 euros if the participant withdraws before the second seminar date. After the second seminar, withdrawal is no longer possible and the remaining amount must be paid as agreed. The trainee has the option of completing seminar hours during the next scheduled training series.

§5 The Body In Balance Studio U.G. reserves the right to cancel the course at short notice, especially in the event of insufficient enrollment or instructor illness.

REGISTRATION:

NAME _____

ADDRESS _____ PLZ _____

TELEPHONE _____

EMAIL _____

Hiermit melde ich mich verbindlich für den o.g Ausbildung ab 23.01.2026 an:

Unterschrift Teilnehmer/in _____ Ort/Datum _____

Unterschrift/ _____ Ort/Datum _____
Stempel Studio