THE BODY IN BALANCE STUDIO U.G.
KREUZBERGSTRAßE 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: 3rd Series 2026
23-26. Oct, 6-9 Nov, 4-7 Dec 2026, 8-11 Jan & 12-15 Feb 2027

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 9 Oct – 6 Nov: 8 Hours
Between 9 Nov – 4 Dec: 8 Hours
Between 7. Dec – 8. Jan: 8 Hours
Between 11. Jan – 12 Feb: 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 includee 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 firt 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.

PLEASE SELECT & MARK ONE OF THE 3 FOLLOWING PAYMENT OPTIONS.
A deposit of 500€ is due to reserve your place on the course (420,16€ zzgl. 79,84€ Ust.) Please note that due to issues with late cancellation and no-shows in the past, this deposit is non-refundable.

☐ 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

The following contract is concluded between the participant _____ and The Body In Balance Studio U.G for a Comprehensive Pilates teacher training course, beginning 23. October 2026:

§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.
§4 Cancellations: The date on which The Balance Studio U.G. receives the cancellation is decisive.
If you are unable to attend the training session, you have the option of naming a substitute participant (friend, colleague, etc.), provided that this person meets the requirements for participation in the course. This person will take your place, and payment will be arranged between yourselves. In this case, no cancellation fees will apply.
Medical certificates are not accepted as grounds for cancellation and are excluded from this contract. By accepting the booking terms, cancellation on the grounds of a medical certificate is excluded. If it is not possible to designate a third party replacement, you may cancel under the following conditions:
Cancellations up to 6 weeks, i.e., 42 days, before the first training day: any fees paid apart from the 500€ deposit will be refunded.
For cancellations between 42 and 15 days before the first training day: 50% of the total course fee will be retained by The Body In Balance Studio.
For cancellations between 14 days and the first training day: 100% of the total course fee will be retained by The Body In Balance Studio.
§5 Failure to attend seminar sessions: attendance at all seminar sessions is required, in order to participate in the final exam and complete certification. The Body In Balance Studio is not required to provide additional appointments to compensate for missed sessions, and participation in other scheduled trainings as a replacement is not possible. In exceptional circumstances, and with submission of a medical certificate which precludes physical attendance at seminars, a participant can complete their training by booking private sessions and completing additional class participation hours. The additional costs of these measures are not covered by The Body In Balance Studio. A maximum of 2 missed days may be compensated for in this way.
§6 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 _____

ADRESS _____PLZ _____

TELEPHONE _____

EMAIL _____

Hiermit melde ich mich verbindlich für den o.g Ausbildung ab ___9.10.2026___ an:

Unterschrift Teilnehmer/in_____ Ort/Datum _____

Unterschrift/ _____ Ort/Datum _____
Stempel Studio