



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

## Professional Reformer Pilates Teacher Training

### **PART 1 - SEMINAR HOURS**

This part of the course comprises 70 hours of instruction, including theory and teaching practice on the reformer .

#### Dates:

31.7-2. August, 11.-13. September, 6.-8. November, 4.-6. December 2026  
Test out day – 21<sup>st</sup> February 2027

#### Schedule:

Friday – 10.30-5.30pm 6.5hrs  
Saturday – 1.15- 6.00pm 4.45 hrs  
Sunday – 1.15-7.30pm 6.15 hrs  
Total 17.5 hours

The Body In Balance Studio U.G. reserves the right to make changes to the planned timetable if necessary. This applies in particular to the rescheduling of individual seminars within the course duration. The Body In Balance Studio U.G. also reserves the right to cancel seminars at short notice, particularly but not exclusively in the event of illness. Participants who do not attend a seminar are responsible for making up the material at a later date.

### **PART 2 - 20 HOURS REFORMER CLASS OBSERVATION**

20 observation hours must be completed, and the name of the trainer, location and date documented in the Log Book provided. A minimum of 10 of these hours must be completed at the Body In Balance Studio.

### **PART 3 - 20 HOURS REFORMER CLASS PARTICIPATION**

The name of the trainer, location and date must be documented in the Log Book provided. A minimum of 10 hours must be completed at the Body In Balance Studio. The cost of these classes is not included in the course fees, however 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, to support the work undertaken during the seminars. The remaining hours must be completed before registering for the final exam and Test Out Day.

### **PART 4 -20 HOURS SELF-MASTERY & EXERCISE REVIEW**

Trainees are expected to invest 20 hours in practicing the exercises, improving the quality of their own movement, reviewing course materials and participating in study sessions with their colleagues. All of these hours above must be recorded in the logbook, to give the trainee an overview and a structure for their studies. Access to The Body In Balance Studio is available by prior arrangement, for the duration of the scheduled seminars, and up to 6 months following the final seminar. The Body In Balance Studio U.G. accept no liability should a participant injure him/herself during these unsupervised practice sessions.

### **PART 5 - EXAMINATION**

The Log Book must be completed prior to registration for the Final Exam and Test-Out Day. You will 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. Participation in one Test-Out Day and one written examination is included in the contract. 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.

#### **Test-out day:**

Written exam - 1 hour, 50 multiple choice questions

Practical teaching – 10 minute teaching block, participation in the exam group/performance review

Test-out day for certification is 3 months after the final seminar.

Confirmation of the result of the examination is sent by post. Successful completion leads to certification as a Professional Reformer Pilates Teacher, recognised by the Deutsche Pilates Verband.

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The following contract is concluded between the participant \_\_\_\_\_ and The Body In Balance 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 2380 € (2000€ plus 19% Ust 380€) if paid in full before the course starts.

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)** The balance of 1880€ must be paid in full before the first seminar (1579,83€ zzgl. 300,17€

**Payment in installments is available as follows:**



**Option b)** 4 monthly installments of 475€  
Total 2400€ including tax



**Option c)** 6 monthly installments of 333,33€  
Total 2500 € including tax

**§4 Cancellations:** The date at 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 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 \_\_\_\_\_

ADDRESS \_\_\_\_\_ TEL \_\_\_\_\_

EMAIL \_\_\_\_\_

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

Unterschrift Teilnehmer/in \_\_\_\_\_ Ort/Datum \_\_\_\_\_

Unterschrift/ \_\_\_\_\_ Ort/Datum \_\_\_\_\_

Stempel Studio