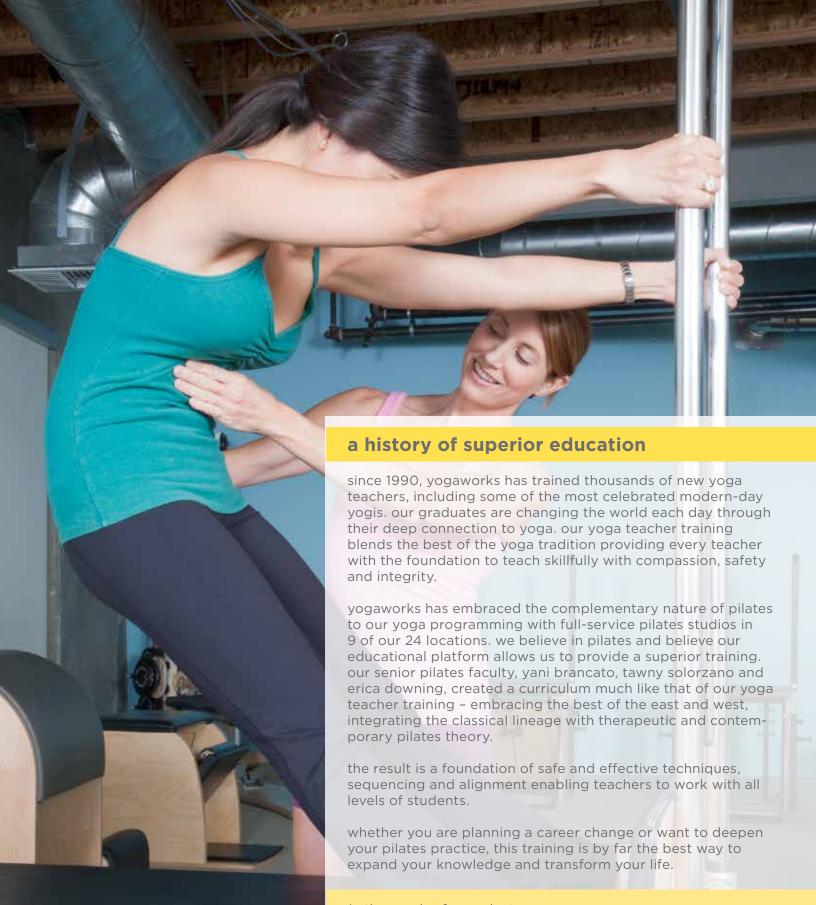


pilates teacher training program january 28 - april 14, 2013 • westlake village

"physical fitness is the first requisite of happiness" - joseph pilates





in the words of a graduate...

"The education that we've received through the YogaWorks Pilates Teacher Training program has been extremely thorough and well-rounded. Our instructors took great strides to ensure that we were learning about all aspects of Pilates. The program has been created to produce exceptional instructors and upon completion of the certification, you will be a fully prepared, confident teacher capable of maintaining clients and inspiring others to believe in themselves." - Julia Nichole Lopez

450-hour teacher training program

learn the theory and practice of pilates and the art of teaching january 28 - april 14, 2013

a comprehensive program that offers:

- 6 modules meeting the pma® certified training requirements, taught by pma® certified instructors and licensed physical therapists
- 120 instructional hours over 6 weekends covering applied anatomy, mat/pre-pilates, reformer, cadillac, chairs, barrels, and level iv training
- 330 hours of apprenticeship that includes observation, self-practice, practice teaching and apprentice teaching
- written and practical tests
- pilates certification upon completion
- pma® certification eligible upon completion of 450 hours

our curriculum

applied anatomy january 28-29

mat/pre-pilates february 1-3

level i february 22-24

level ii march 8-10

level iii march 22-24

level iv april 12-14

training held at yogaworks westlake village. program subject to change.

free pilates mat classes during the months of the training along with a 10% discount on pilates sessions. not applicable for anatomy only.

application available online.





program tuition

\$4,000 before January 7, 2013 • comprehensive 450-hour course \$4,400 after January 7, 2013 • comprehensive 450-hour course

- \$ 500 mat/pre-pilates only
- \$ 250 applied anatomy only
- \$ 50 practical exam fee
- \$ 35 optional PMA student membership (recommended) required reading material not included in tuition

to enroll or learn more: pilatestt@yogaworks.com

meet our trainers



erica downing began taking pilates at age 14 as part of her rehabilitation from a hip injury. her twice-weekly pilates sessions are the reason she is still able to dance to this day. in 2000, she decided to take her training to the next level and enter into a pilates career, completing a rigorous teacher training at a los angeles studio with strict adherence to the east coast style of pilates. erica is the co-creator of the yogaworks pilates teacher training and she credits her co-creaters for honing her craft into the strong and dynamic practice she has today.



tawny solorzano was first introduced to pilates while obtaining her ba in dance at uc irvine. she had dealt with a knee injury for years and instantly found therapy through pilates. her love for pilates and desire to learn, motivated her to obtain a teacher certification in 2002 at a dance based pilates studio in orange county. she has since been teaching a broad range of clients, continuing her education and fulfilling her passion of teaching others.

