

Pilates Matwork: Intensive Teacher-Training Series

The Centerworks® Pilates Matwork courses are designed to teach the how-to's of the Basic, Intermediate and Advanced Pilates exercises. Each course will include: Fundamental "pre-Pilates" exercises for functional stabilization, alignment, and proper muscle recruitment, Pilates Matwork exercises with modifications and guidelines for working with special populations, techniques to increase the challenge, guidelines for teaching, cueing, and spotting clients, as well as learning applications for developing Mat class programs and incorporating Pilates Matwork into private training programs. All the skills you need to become a talented, well-trained Pilates Mat teacher. *A minimum of 4 and maximum of 20 students will be accepted into this program.*

Course Schedule:

- Basic Pilates Mat
- Intermediate Pilates Mat
- Advanced Pilates Mat

Dates:

June 27 – 29, 2008
July 18 – 20, 2008
October 10 – 12, 2008

Prerequisites:

Personal Matwork experience
Basic Pilates Mat Course
Basic & Intermediate Mat

Course Location:

The Pilates Studio of Little Rock,
5915 Kavanaugh Blvd.
Little Rock, AR 72207.
(501) 603-2103

Times:

Friday 1:00pm – 6:00pm
Saturday 9:00am – 6:00pm
Sunday 9:00am – 3:00pm

About Aliesa George

Aliesa George, founder of Centerworks® Pilates Institute, is committed to helping people develop their belief in unlimited potential and positive change, by increasing awareness through mind, body, and movement. Aliesa has been sharing her experience and expertise for over 25 years as a Pilates teacher, presenter, and wellness professional. She has authored numerous educational books and articles relating to Pilates, posture, movement, and whole-body health. Aliesa has a degree in Modern Dance from Texas Christian University, is a PMA Gold-Certified as a Pilates Teacher, ACE Certified Personal Trainer & Group Exercise Leader. Her personal mission: To inspire others to think, learn, and grow – by lighting the path and teaching the personal steps needed to achieve success for a healthier, happier life.

Pilates Matwork Series: Course Fee Info

- \$750 per course. \$250 Deposit + \$500 balance due on or before the first class.

Registration Information:

- **Registration Deadline: Basic – June 1st, Int. – June 29th, Adv. – Sept 28th.**
- Make checks payable to Centerworks Pilates,
- You may drop off payment and your registration form at the Pilates Studio of Little Rock,
- Mail payment to Centerworks Pilates, P.O. Box 3526, Wichita, KS 67201-3526.
- Pay by Visa, MasterCard, or American Express – Fax Registration form to 1-877-874-7578.
- Due to the intensive nature of this program there will be no refunds after the Registration Deadline established above. No changes will be made to the dates scheduled above, unless travel complications arise and presenter is unable to get to Little Rock, due to weather, airline delays/cancellations, or unforeseen circumstances. In which case all parties will work together to reschedule for mutually agreed upon dates & times.

Please see materials checklist & program completion requirements on the following page, and use the attached registration form to enroll. Space is limited – so Register early to reserve your spot!

Questions? Please contact Aliesa@CenterworksPilates.com

OR contact Paula & Sheila at The Pilates Studio of Little Rock at 501-603-2103

Pilates Matwork Workshops - Required Materials: Materials for each course are listed below & can be purchased at www.CenterworksPilates.com. **Materials marked with asterisk are also available as PDF downloads.

Basic Pilates Mat	Item #	Description
	TT-BM01	Book - Centerworks® – Basic Matwork Manual**
	PP-DVD	Book/DVD Set – Posture Principles for Health, by A. George
	JHP-BK1	Book – Return to Life Through Contrology, by J.H. Pilates
Intermediate Mat	Item #	Description
	TT-IM02	Book - Centerworks® – Intermediate Matwork Manual**
	TT-SP04	Book - Centerworks® – Supplemental Exercise Manual**
Advanced Mat	Item #	Description
	TT-AM03	Book - Centerworks® – Advanced Matwork Manual**
	SE-MC01	Magic Circle
	SE-FM01	Full Foam Roller

Info About Completing the Centerworks® Pilates Teacher-Education Program

All participants who attend Matwork courses will receive a “Letter of Attendance” to document your workshop participation. To sit for Final Exams and receive a “Certificate of Completion” for your Centerworks® Pilates Comprehensive Teacher-Education Program, you must satisfactorily complete all of the following:

Requirements to Achieve Centerworks® Pilates Institute “Certificate of Completion”

- Attendance/participation at all scheduled workshops (3 Mat Courses, 5 System Intensives)
- Passing grades on all homework assignments, quizzes and written exams
- Successful completion of Apprenticeship Training
- Observation Hours – 145 (*mat & equipment*)
- Practice/Lessons/Class Hours – 175 (*mat & equipment*)
- Intern/Teaching Hours – 295 (*mat & equipment*)
- Successful completion of Centerworks final written & practical exams.

Internship/Apprenticeship General Information

1. Our goal is to provide you with the knowledge and tools necessary to become a qualified, comprehensively-trained Pilates professional. The Intensive Workshops & Internship Program has been developed to give you a complete education for an enjoyable & rewarding part-time or full-time career teaching others how to develop whole-body health with the Pilates system.
2. To complete the teacher-training program, all students are required to attend all Intensive Workshops, in sequential order, as well as complete all Internship requirements prior to scheduling for final exams.
3. The Internship/Apprenticeship portion of the training program will take approximately six to 18 months after the completion of the weekend Intensives.
4. Matwork practice-teaching hours may be completed on your own, but it is advisable to work in a studio setting under the supervision of an experienced teacher. All other Apprenticeship hours must be completed in a studio/club setting under the direction of a qualified, experienced, comprehensively trained Pilates teacher who upholds the standards for the industry as set forth by the Pilates Method Alliance.
5. The Pilates Studio of Little Rock is an approved location for workshop participants to complete their required hours. (*Additional fees will apply for your time in the studio for lessons, classes & practice.*) You may complete some, or all, of your required hours at other locations with prior approval from Aliesa George - Program Director. All students are encouraged to make arrangements for the completion of their apprenticeship hours BEFORE starting the program. A PRIOR agreement between the student, Centerworks Teacher-Training Director, and intern-host studio Director must be reached to ensure apprentice will be able to successfully complete all requirements if they are done outside the Pilates Studio of Little Rock.

Questions? Please contact Aliesa@CenterworksPilates.com

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Matwork Course Registration Form

Name _____
As you would like it to appear on your certificate

Address _____ City _____ State _____ Zip _____

Phone (Cell) _____ Email _____

YES, Please Register Me For the Matwork Course Series: *(check all that you plan to attend.)*

Workshop	Dates	Pre-registration Deadline
___ Basic Pilates Mat	June 27 – 29, 2008	June 1, 2008
___ Intermediate Pilates Mat	July 18 – 20, 2008	June 29, 2008
___ Advanced Pilates Mat	Oct. 10 – 12, 2008	Sept. 28, 2008

I plan to complete the required Apprenticeship hours at:

Studio Name: _____ Phone _____
Address _____ Email _____
City _____ State _____ Zip _____ Director _____

I am auditing courses for personal information only and at this time will not be completing an Apprenticeship.
_____ *(Please initial here)*

Mat Series - Payment Information:

Return this form along with your payment to:

- Drop off at the Pilates Studio of Little Rock, 5915 Kavanaugh Blvd., Little Rock, AR 72207
- By mail: Centerworks Pilates, P.O. Box 3526, Wichita, KS 67201-3526.
- Pay by Visa, MasterCard, or American Express – Fax Registration form to 1-877-874-7578.

Per course Payment \$750. *(\$250 deposit, \$500 balance due on or before each workshop).*

Enclosed is my check/cash for a ___ Deposit (\$250) or ___ Payment in full (\$750) for Basic Mat.

Enclosed is my check/cash for a ___ Deposit (\$250) or ___ Payment in full (\$750) for Int. Mat.

Enclosed is my check/cash for a ___ Deposit (\$250) or ___ Payment in full (\$750) for Adv. Mat.

If paying only your deposit now, the balance is due on or before the first day of the course.

___ **Please charge my credit card** for a Deposit (\$250) for only ONE Mat Workshop, selected above and charge my card the remaining \$500 on the specified date due for my workshop (June 27, July 18, or Oct. 10th)

Full Payment \$2,250: *(all 3 courses)*

___ Enclosed is my full payment by check/cash. ___ Please charge my cc for ONE payment of \$2250.

Payment Plan

___ **Enclosed is my check/cash** for a Deposit for the full Mat Series (\$750); I agree to pay the balance due of \$1,500 in three payments of \$500 each by check/cash on or before June 27, July 18, and Oct. 10th.

___ **Please charge my credit card** for a Deposit for the full Mat Series (\$750), I agree to pay the balance due of \$1,500 in three payments of \$500 each ___ to be charged to my cc on June 27, July 18, Oct. 10th.

Card Type (Visa/MasterCard/American Express) _____

CC# _____ expiration date: _____

Name on CC: _____ Signature: _____

Questions? Please contact Aliesa@CenterworksPilates.com

OR contact Paula & Sheila at The Pilates Studio of Little Rock at 501-603-2103

Pilates System & Equipment: Teacher-Training Series

The Centerworks Pilates System & Equipment Intensives are designed to provide a comprehensive teacher-education experience on the Reformer, Cadillac / Trapeze Table, Barrels, Chairs, and Supplemental Equipment. You'll learn how to do, see, spot, and cue each exercise, guidelines for working with special populations, exercise safety tips, equipment set up, and how to develop safe and effective Pilates training programs. At the completion of this course and required Apprenticeship training hours, you'll have the knowledge and skills for a successful career as a Pilates teacher, and be confident to pass the PMA Pilates Teacher Certification Exam. A minimum of 4 and maximum of 8 students will be accepted into this program.

Pilates System Intensives

- **Intensive 1**
- **Intensive 2**
- **Intensive 3**
- **Intensive 4**
- **Intensive 5**

Course Dates

August 15 – 17, 2008
 September 26 – 28, 2008
 January 23 – 25, 2009
 February 27 – Mar.1, 2009
 June 5 – 7, 2009

Prerequisites:

Basic & Intermediate Mat
 Intensive 1
 Advanced Mat, Intensive 2
 Intensive 3
 Intensive 4

About Aliesa George

Aliesa George, founder of Centerworks® Pilates Institute, is committed to helping people develop their belief in unlimited potential and positive change, by increasing awareness through mind, body, and movement. Aliesa has been sharing her experience and expertise for over 25 years as a Pilates teacher, presenter, and wellness professional. She has authored numerous educational books and articles relating to Pilates, posture, movement, and whole-body health. Aliesa has a degree in Modern Dance from Texas Christian University, is a PMA Gold-Certified as a Pilates Teacher, ACE Certified Personal Trainer & Group Exercise Leader. Her personal mission: To inspire others to think, learn, and grow – by lighting the path and teaching the personal steps needed to achieve success for a healthier, happier life.

Course Location:

The Pilates Studio of Little Rock,
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Times:

Friday 1:00pm – 6:00pm
 Saturday 9:00am – 6:00pm
 Sunday 9:00am – 3:00pm

Pilates System Intensive Course Fees:

- Series of 5 workshops. \$3750. \$1,250 Deposit + \$500 per course fee due on or before each scheduled intensive. **Registration Deadline: on or before July 20, 2008**
- Materials required for each course can be purchased at www.CenterworksPilates.com and are available in book or PDF download formats.

Item #	Description
TT-RF05	Book - Centerworks® – The Reformer: Exercise Manual
TT-CA06	Book - Centerworks® – The Cadillac: Exercise Manual
TT-CH07	Book - Centerworks® – The Chair: Exercise Manual
TT-BA-08	Book - Centerworks® – The Barrels: Exercise Manual

To Register: *Please make your check payable to Centerworks Pilates.*

- In person, drop your check & registration form to the Pilates Studio of Little Rock, 5915 Kavanaugh Blvd., Little Rock, AR 72207
- By mail: Centerworks Pilates, P.O. Box 3526, Wichita, KS 67201-3526.
- Pay by Visa, MasterCard, or American Express – Fax Registration form to 1-877-874-7578.

Questions? Please contact Aliesa@CenterworksPilates.com

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Pilates System/Equipment Intensives: Course Registration Form

Name _____
As you would like it to appear on your certificate

Address _____ City _____ State _____ Zip _____

Phone (Cell) _____ Email _____

YES, Please Register Me for the System/Equipment Intensives: Series of 5 courses

- Pilates Intensive 1 August 15 – 17, 2008
- Pilates Intensive 2 Sept. 26 – 28, 2008
- Pilates Intensive 3 Jan. 23 – 25, 2009
- Pilates Intensive 4 Feb. 27 – 29, 2009
- Pilates Intensive 5 June 4 – 6, 2009

I plan to complete the required Apprenticeship hours at:

Studio Name: _____ Phone _____
Address _____ Email _____
City _____ State _____ Zip _____ Director _____

I am auditing courses for personal information only and at this time will not be completing an Apprenticeship. _____ (*initial here*)

Payment Information: Series of 5 Intensive Workshops \$3,750. (*See payment options below*)

Return this form along with your payment: (*pre-registration deadline July 20, 2008.*)

- Drop off at the Pilates Studio of Little Rock, 5915 Kavanaugh Blvd., Little Rock, AR 72207
- By mail: Centerworks Pilates, P.O. Box 3526, Wichita, KS 67201-3526.
- Pay by Visa, MasterCard, or American Express – Fax Registration form to 1-877-874-7578.
- Due to the intensive nature of this program, there will be no refunds after the Registration Deadline established above. No changes will be made to the dates scheduled above, unless travel complications arise and presenter is unable to get to Little Rock, due to weather, airline delays/cancellations, or unforeseen circumstances. In which case all parties will work together to reschedule for mutually agreed upon dates & times.

Payment by Cash/Check (*please make checks payable to Centerworks Pilates.*)

____ Enclosed is my check/cash for a Deposit for the System/Equipment Series (\$1,250); I agree to pay the balance due of \$2,500 in five payments of \$500 each by check or cash on or before August 15, Sept. 26, Jan. 23, 2009, Feb. 27, 2009, and June 4, 2009.

____ Enclosed is my check/cash for payment in FULL of \$3750.

Payment by Credit Card _____ Please charge my credit card for ONE payment in full of \$3750

____ Please charge my credit card for a Deposit for the System/Equipment Series (\$1,250), I agree to pay the balance due of \$2,500 in five payments of \$500 each, and authorize you to charge these payments to the same c.c. on August 15, Sept. 26, Jan. 23, 2009, Feb. 27, 2009, and June 4, 2009.

Card Type (Visa/MasterCard/American Express) _____

CC# _____ expiration date: _____

Name on CC: _____ Signature: _____

Questions? Please contact Aliesa@CenterworksPilates.com

OR contact Paula & Sheila at The Pilates Studio of Little Rock at 501-603-2103