

Comprehensive Teacher Training Course

The [Comprehensive Teacher Training Course](#) (CTTC) course provides a thorough, comprehensive education in Pilates covering the full range of Pilates equipment: Mat, Reformer, Cadillac, Wunda Chair, Ped-a-pul, Ladder Barrel, Step Barrel and various other Auxiliary apparatus. It is a complete and intensive college-level program that provides a solid foundation for teaching as well as a thorough understanding of all facets of Pilates. The course also includes instruction on the BASI® "Block System™" (a comprehensive programming and teaching methodology) and on the science of human movement, anatomy and physiology.

Cost: **\$3795.00** USD

A payment plan is available (3 installments totaling \$3995). A \$500.00 deposit is required to reserve your space; \$50.00 is non-refundable.

Graduation requirements for the CTTC are:

- Attendance of all modules
- Examination process including written assignment
- Teaching observation: up to 100 hours
- Student teaching: up to 200 hours
- Practice: over 200 hours

Prerequisites:

- Familiarity with the teachings of Joseph Pilates - It is highly recommended to have familiarity and experience in Pilates (both Mat Work and on the apparatus for the Comprehensive course) before embarking on this course of study.
- Study in basic anatomy and physiology - Although it is recommended that this be a college level course, it is also acceptable if it is part of another area of study such as a massage therapy, physical therapy or some other similar program.
- Experience in a related form of physical activity - Over the years it has become apparent that experience in other physical activities is extremely beneficial. This allows the student to relate and compare the work to past movement experience.
- Teaching experience is recommended - Teaching is a learned skill, an art and a natural talent. Any past teaching experience, even in an unrelated area will contribute to the process of becoming a teacher of the Pilates method.