

Mat Work Teacher Training Course

At BASI Pilates® we regard the Mat Work as the “crown jewel” of Pilates. It is the essence of the system, without which a great void would exist. The [Mat Work Teacher Training Course](#) (MWTTTC) provides a thorough education in the Mat Work and it’s infinite applications. In addition to being the foundation on which all else is based, it is also the perfect springboard to the Comprehensive Teacher Training Course (CTTC).

Cost: **\$1100.00** USD

A \$500.00 deposit is required to reserve your space; \$50.00 is non-refundable.

Graduation requirements for the MWTTTC are:

- Attendance of all modules
- Examination process
- Teaching observation: minimum of 15 hours
- Student teaching: minimum of 30 hours
- Practice: over 60 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.