



# NaturalPilates

## TEACHER TRAINING PROGRAMS



We offer three Programs: Intensive Mat, Intensive Reformer, and Comprehensive Pilates.

Apparatus courses may be purchased à la carte or in full for the Comprehensive Program.

Each apparatus course includes beginner to advanced Pilates repertoire and Programming for Special Populations.

Anatomy for Movement is a prerequisite for all Programs.

100-Hour Mat Program	Fees	Dates
Anatomy for Movement	\$495	
Registration Fee	\$100	
Tuition	\$1,600	
Student-Teaching Labs	\$240	
Mentorship Hours	\$150	
Materials Fee	\$75	
	<b>\$2,660</b>	
300-Hour Reformer Program	Fees	Dates
Anatomy for Movement	\$495	
Registration Fee	\$100	
Tuition	\$2,800	
Student-Teaching Labs	\$900	
Mentorship Hours	\$375	
Materials Fee (includes PSP)	\$150	
	<b>\$4,820</b>	
Intensive Cadillac & Tower	Fees	Dates
Registration Fee	\$100	
Tuition	\$1,200	
Student-Teaching Labs	\$550	
Materials Fee	\$75	
	<b>\$1,925</b>	
Intensive Chair & Barrels	Fees	Dates
Registration Fee	\$100	
Tuition	\$1,200	
Student-Teaching Labs	\$330	
Materials Fee	\$50	
	<b>\$1,680</b>	
500-Hour Comprehensive Program	<i>(pricing includes all apparatus courses; see course dates above)</i>	
Anatomy for Movement	\$495	
Registration Fee	\$100	
Tuition	\$6,800	
Student-Teaching Labs	\$2,100	
Mentorship Hours	\$375	
Materials Fee	\$350	
	<b>\$9,725</b>	

**Please note:**

- > *In-studio Observation, Self-Practice, and Practice-Teaching Hours are included in the cost of Tuition, but must be scheduled around existing group classes and private sessions.*
- > *Students may also observe classes on [naturalpilatestv.com](http://naturalpilatestv.com) (subscription cost is not included).*
- > *Group classes, private sessions, Exam Fees and parking fees are additional. Students receive a discounted rate for group classes (\$300 for a package of 10).*
- > *Practical Exam Fees are to be paid on the day of the exam: \$100 for Mat, \$200 for Reformer, and \$300 for Comprehensive.*
- > *Schedule for Mentorship Hours TBC.*
- > *Mat Students are given 4 months from the last day of the course to obtain their self-study hours and take their Written and Practical Exams.*
- > *Reformer and Comprehensive Students are given 6 months from the last day of their apparatus course to obtain their self-study hours and take their Written and Practical Exams.*

**Hours & Requirements for Teacher Training Programs**

**100-Hour Mat Program**

**55 hours** of lecture  
**20 hours** of observation  
(10 hours must be live or live-virtual)  
**16 hours** of self practice  
**12 hours** of group classes or private sessions  
(with a Qualified Teacher Trainer)  
**12 hours** of practice-teaching  
**3 hours** of assisted student-teaching  
**1 hour** of observed, unassisted student-teaching  
**2 hours** of mentorship  
**1-hour** Written Exam\*  
**1-hour** Practical Exam\*

**300-Hour Refomer Program**

**80 hours** of lecture  
**60 hours** of observation  
(40 hours must be live or live-virtual)  
**60 hours** of self practice  
**40 hours** of group classes or private sessions  
(with a Qualified Teacher Trainer)  
**40 hours** of practice-teaching  
**10 hours** of assisted student-teaching  
**5 hours** of observed, unassisted student-teaching  
**5 hours** of mentorship  
**2-hour** Written Exam\*  
**2-hour** Practical Exam\*

**500-Hour Comprehensive Program**

**180 hours** of lecture  
**120 hours** of observation  
(80 hours must be live or live-virtual)  
**75 hours** of self practice  
**50 hours** of group classes or private sessions  
(with a Qualified Teacher Trainer)  
**50 hours** of practice-teaching  
**20 hours** of assisted student-teaching  
**15 hours** of observed, unassisted student-teaching  
**5 hours** of mentorship  
**3-hour** Written Exam\*  
**3-hour** Practical Exam\*