

PILATES TEACHER TRAINING PREREQUISITES & FEES

PREREQUISITES

FEE (*includes manuals*)

MAT

- 20 Pilates Mat classes
- 1 year movement teaching experience*
- Successful completion of Anatomy requirement**

Mat 1: USD 600
Mat2: USD 600
Mat 1 & 2: USD 1,150
Introduction to Anatomy: USD 300

REFORMER

- Pilates Mat instructor training
- 30 Reformer classes
- 1 to 2 years of movement teaching experience*
- Successful completion of Anatomy requirement**

Reformer 1: USD 700
Reformer 2: USD 650
Reformer 3: USD 650
Reformer 1 & 2: USD 1,300
Reformer 2 & 3: USD 1,250
Reformer 1,2 & 3: USD 1,900

APPARATUS

- Reformer 2 or equivalent

Apparatus 1: USD 600
Apparatus 2: USD 600
Apparatus 3: USD 600
Apparatus 1 & 2: USD 1,150
Apparatus 2 & 3: USD 1,150
Apparatus 1,2 & 3: USD 1,700

*Contact us if you do not have movement teaching experience.

**Anatomy Requirement-completion of our Introduction to Anatomy course or proof of the equivalent, or higher.

PILATES TEACHER TRAINING PREREQUISITES & FEES

SESSIONS
WITH SOOK FUN

MENTORSHIP PROGRAM

PREREQUISITES

FEE

Pilates teacher trainees & apprentices

Mentoring/ Exam Prep
Rp 850.000,-/ hour

Pilates teacher trainees & apprentices

Movement Matters Bali trainees
Rp. 1.500.000,-/month
All other trainees
Rp. 1.800.000,-/month

- *Unlimited observation, self-practice, and practice teaching*
- *15% of group classes*
- *Special mentoring session rate @Rp. 750.000,-*

PILATES WORKSHOP & SPECIALIZED TRAINING PREREQUISITES & FEES

PREREQUISITES

FEE

All with Pilates Mat experience is welcome

Mat & Foam Roller: USD 200
Mat & Balls: USD 200
Mat & Ring: USD 200
Mat & Bands: USD 200
All 4 workshops: USD 700

All is welcome

Rocking to Release: USD 350
Support Your Floor: USD 400
The Center Method for Diastasis Recti Recovery: USD 400
Pre and Post-Natal Health & Exercise Specialist:
USD 850 (mat only)/
USD 1100 (mat & equipment)

MAT & FOAM ROLLER,
BALLS, RING, BANDS

CAROLYNE ANTHONY