



bodymindlife

REFORMER PILATES

teacher training

HANDBOOK



REFORMER PILATES **teacher training**

LED BY

Head of Pilates, Chelsey Cameron
and BodyMindLife instructors;
Chrisen Hall and Tali Phillips.

LOCATION

BodyMindLife, 84 Mary Street,
Surry Hills, Sydney

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Every moment
of our lives can
be the beginning
of great things.

JOSEPH PILATES



Are you ready to become a certified teacher in reformer Pilates?

BodyMindLife offers one of the most respected Pilates Teacher Training programmes in Sydney.

You'll learn from some of the best Pilates teachers in Australia and advance your own practice while learning the knowledge and skills to lead others with confidence.

We teach an evidence-based approach to Pilates that's grounded in science. You'll explore the history of Pilates and the evolution of the practice, and gain extensive practical experience so you'll walk away with an impressive repertoire of exercises, and the ability to teach them!

During this course you'll explore a variety of cueing and sequencing techniques, pre and post natal Pilates and injury management. You'll also learn functional anatomy with our hands-on approach, and understand the key posture types.

This teacher training is a national accreditation in Pilates and is certified by Physical Activity Australia.



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Physical fitness
is the first requisite
of happiness.

JOSEPH PILATES

Why go on this journey with us?

BodyMindLife opened its doors in 2002 and has taught thousands of students in classes across our five studios in Surry Hills, Potts Point, Bondi Beach, Redfern and Kirrawee.

We've developed a comprehensive, immersive 80 hour Pilates Teacher Training program where you'll live and breathe the practice, and leave with the ability to teach safe and intelligent classes in your own style.

You'll learn from our most senior teachers in studio and a host of experts in specialist subjects - bringing thousands of hours of teaching experience combined.

We limit the number of students in our training to make sure you receive one-on-one guidance and support. Following the course, you'll have the chance to complete your 50 hours of class observation, assisting and teaching in real life studio settings with the mentors of your choice.

When you start your Pilates teacher training journey with us, you'll join our incredible and supportive tribe of BodyMindLife teachers and students, and learn from the best in the business!



Our studios

BodyMindLife has beautiful, dedicated reformer Pilates training studios that have been designed for natural light, healing and a sense of calm by architect Ferique Brown.

Based in the heart of Surry Hills, Ferique has used sacred geometry to create spaces that will encourage you to open up, feel energetically nourished, and well.



You'll have access to secure lockers and be able to freshen up with state-of-the-art showers and change rooms equipped with organic wash products, hair dryers and straighteners.

We also have a chill out lounge with hot herbal tea to connect and recharge on your own or with your fellow classmates before and after lessons, and you'll be able to reinvigorate with the cutting edge technology of our far-infrared sauna.



Meet our Pilates Teacher Training team

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Pilates is complete
coordination of body,
mind and spirit

JOSEPH PILATES

CHELSEY CAMERON

CUEING, SEQUENCING, BREAKDOWNS

Passionate, supportive, creative and friendly would be some of the words Chelsey's clients would use to describe her teaching style. Her keen eye for movement, attention to detail, and encouraging approach ensure her students get the most of every class. She believes fitness should be fun, so be prepared to laugh! After ten years in the corporate world Chelsey left behind a career in PR and Marketing spanning across Melbourne and London to pursue a career in fitness, particularly Pilates, a passion she has always held. These days, Chelsey aims to educate her clients on functional alignment and essence of movement which they can take with them in daily life. Cueing and Sequencing is Chelsey's passion and she is always creating new, fun and exciting sequences for her students!

A Pilates Educator and Teacher Trainer with a Cert IV in Pilates and Dual Cert IV in Fitness and Allied Health Assistance (Physiotherapy Stream), Chelsey has a dedication and drive for Pilates which shines through in her teaching. She believes in connecting the mind and body and aims to empower her clients with lessons that will leave you feeling invigorated, balanced and motivated.





CHRISEN HALL

ANATOMY & POSTURE ANALYSIS

Chrisen has been teaching Pilates in Sydney and London for over ten years. His distinct teaching style is warm, positive and technical, and he loves exploring creative variations on traditional Pilates exercises.

Chrisen is a fully certified STOTT PILATES instructor and is highly trained on all Pilates apparatus. During the course of his career he has also trained with Pilates masters Brett Anderson from Polestar Pilates and Courtney Miller from Pilates Anytime. He holds a Bachelor of Arts and Science from Sydney University, majoring in Anatomy and Music, and is a certified Yoga and Barre Instructor.



TALI PHILIPS

PRE & POST NATAL PILATES + EXERCISE BREAKDOWNS

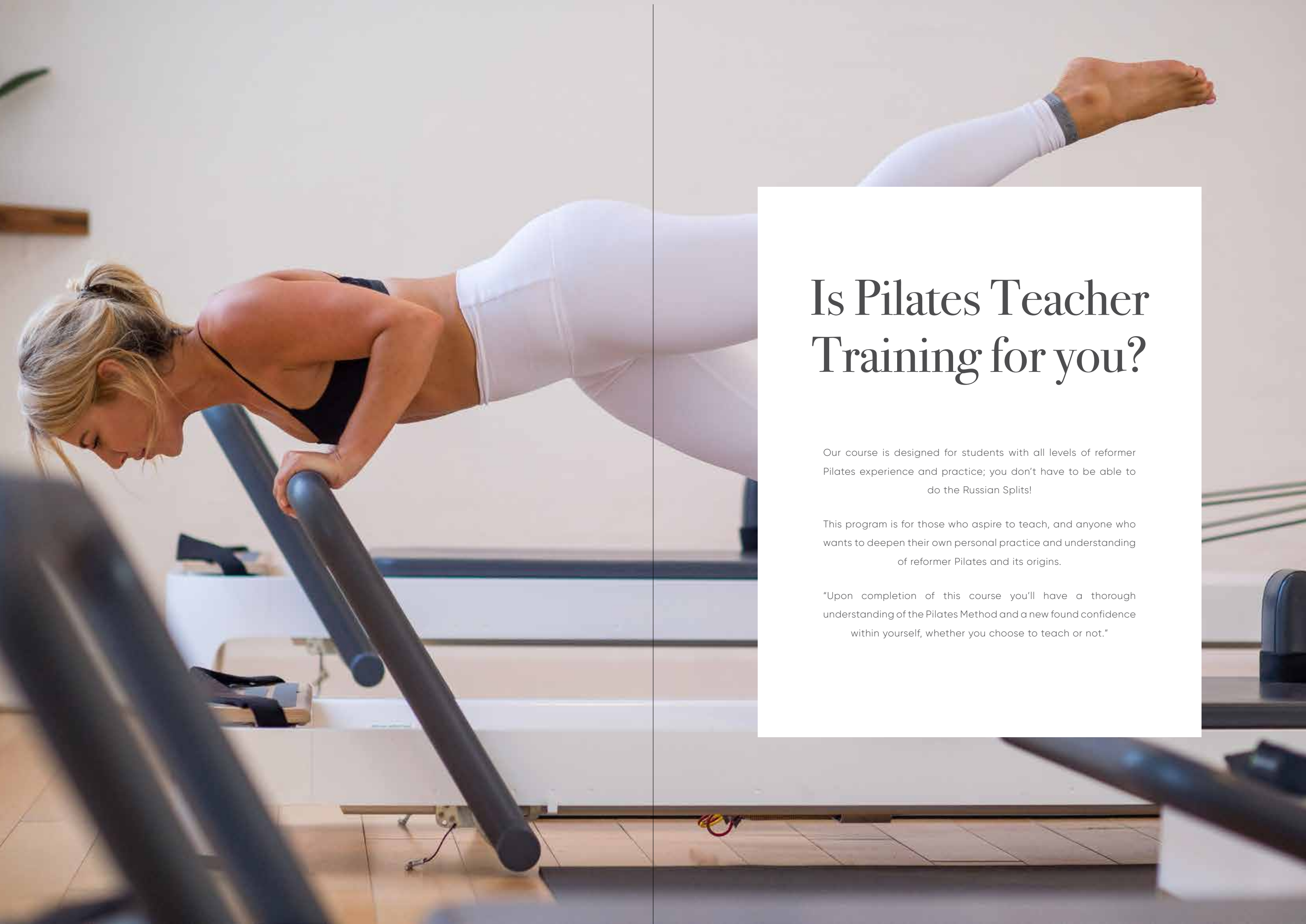
Tali first began practicing Pilates as a form of exercise over ten years ago while working full-time in the corporate world. A passion for the practice was born as she discovered how each time she walked out of the studio, she felt taller, stronger, more balanced and flexible.

She is now a STOTT certified instructor in both matwork and reformer Pilates. In Tali's classes, you'll enjoy her lightness, her humour and her ability to make working hard so much fun.



"In 10 sessions, you feel better,
20 sessions you look better,
30 sessions you have a
completely new body"

Joseph Pilates



Is Pilates Teacher Training for you?

Our course is designed for students with all levels of reformer Pilates experience and practice; you don't have to be able to do the Russian Splits!

This program is for those who aspire to teach, and anyone who wants to deepen their own personal practice and understanding of reformer Pilates and its origins.

"Upon completion of this course you'll have a thorough understanding of the Pilates Method and a new found confidence within yourself, whether you choose to teach or not."

What you'll cover

Our reformer Pilates Teacher Training is designed to give you all the tools you need to develop your own safe, intelligent practice, design class sequences and discover the confidence to lead students of all levels.

With so much to learn in reformer Pilates, we've developed a unique, comprehensive program that covers a range of key topics taught by some of our most senior teachers at BodyMindLife.

These include:

- Functional anatomy, modifications for body types and injury management
- Theory and practice of postural analysis
- An extensive Pilates repertoire
- Effective cueing and use of language in class to lead Pilates practice
- Effective observational and communication skills
- Lesson plans and intelligent sequencing for group and individuals
- Confidence to teach group and individual classes that are safe, creative and effective
- Exercise modifications and advancements
- The history and evolution of Pilates
- Explore philosophy, concepts and principles of Pilates methodology
- A personal approach, you will be encouraged to find your own unique teaching voice

Following the course training, you'll complete 50 hours of class observation, assisting and teaching at the studio of your choice (either within the BodyMindLife family or at an external studio). This is an amazing way to gain practical teaching experience in a live setting and involves:

- Flexible class times to suit your schedule over a six month period post-training
- The chance to learn first-hand from your favourite mentor/teacher
- Ongoing support from your Pilates Teacher Training team with assistance to organise observation times
- A supplied logbook to record your hours
- The option to complete your 50 hours within BodyMindLife studios or at a studio of your choice.

YOUR CERTIFICATE WILL BE ISSUED ONCE THESE HOURS ARE COMPLETED.



A day in the life of Teacher Training

No two days are the same! The training runs over five weekends and will include a daily personal practice, theoretical lessons, hands-on guidance and expert talks.

In addition to your lessons, please expect additional evening homework, reading and studying for your open book exams.. These will be assigned from teacher training manual and texts so you're prepared for upcoming classes.

You'll also be given the reading assignments at the beginning of the course so you can plan accordingly.

AFTER THE COURSE - WHAT'S NEXT?

When you sign up for a BodyMindLife Reformer Pilates Teacher Training, you'll join a like-minded community with a love for health, wellbeing and movement.

Following the completion of your 50 observational, teaching and assisting hours in studio, you'll have the chance to continue your learning with events, community activities and special classes too.

We're passionate about supporting our graduates who wish to teach reformer Pilates to find work - whether that's with us or at other studios or places - and will teach you what we know about how to make this transformative practice a successful career.



The FAQs

HOW MUCH PILATES EXPERIENCE DO I NEED?

There is no prerequisite for this course, our teacher training is open to students at all levels! We recommend a minimum of three to six months of regular reformer Pilates practice in preparation for the course.

ARE THERE ANY ADDITIONAL COSTS TO TUITION?

The course fee covers your BodyMindLife training manual and all classes taught over the program to receive your reformer Pilates certification with Fitness Australia.

In addition to tuition costs you can purchase a five week reformer Pilates class pass at a heavily discounted price of which will allow you to practice at any of the five BodyMindLife studios in Sydney throughout your training – as many classes as you like!

IS IT POSSIBLE TO FAIL THE COURSE?

Our teacher training team will support you to gain a foundation of skills and knowledge to gain your certification, you will be supported in a nurturing and encouraging environment every step of the way. If any concerns do come up during the course, these will be discussed with you at the time and additional options will be given.

WHAT ARE THE OPTIONS FOR ACCOMMODATION IN SYDNEY IF I'M VISITING FROM SOMEWHERE ELSE?

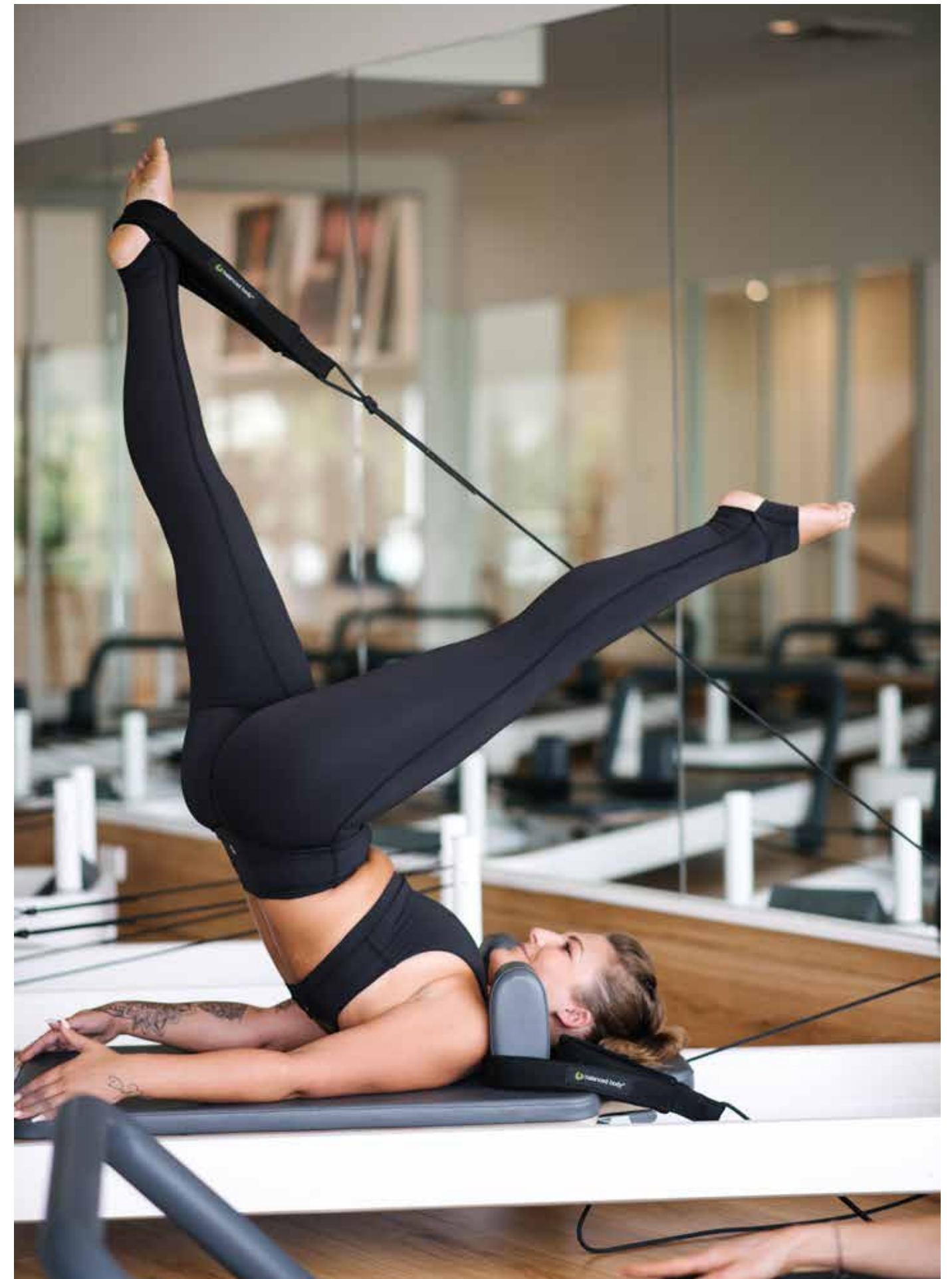
We don't have accommodation at BodyMindLife but there are plenty of options to choose from in the area! We recommend to base yourself in beautiful Surry Hills, where we're based, however we are just a few steps from Sydney Central Station which has quick access to most areas around Sydney. Once you've enrolled, the team at yogatt@bodymindlife.com are happy to assist.

CAN I PARK MY CAR DURING THE TRAINING?

While there are some paid all day parking options in the city and not too far from Surry Hills, we suggest taking public transport to the studio. We're just a few steps from Sydney Central Station.

DATES AND COSTS

Check out bodymindlife.com for pricing details, our next Teacher Training dates and Teacher Training information evenings.





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This training encompasses all aspects of both learning and teaching Pilates, it's the total package!

2019 GRADUATE



Graduate teacher reviews

"An intense immersion into the Pilates and Reformer world"



"Challenging, informative, inspirational... I can't wait to dive into teaching knowing I've been equipped with the knowledge and the practical skills to teach a class. I'd highly recommend BML Pilates Teacher Training"



"A rewarding and inspiring challenge"

"Comprehensive and practical"



"THERE'S NO BETTER WAY TO UNDERSTAND AND WORK OUT YOUR WHOLE BODY AND NO BETTER PLACE TO DO IT THAN BODYMINDLIFE!"

"I was blown away by the knowledge and passion for Reformer Pilates displayed by our teachers!"



"Amazing"

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Try not to resist the changes that come your way. Instead let life live through you. And do not worry that your life is turning upside down. How do you know that the side you are used to is better than the one to come?

RUMI

Are you ready?

Questions? We'd love to hear from you! Please contact Annie on 02 9211 0480 or email yogatt@bodymindlife.com.au and we'll come back to you very soon. Or if you're ready to take the next step and apply, please fill in our application form at www.bodymindlife.com





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YOGA & PILATES

Check out bodymindlife.com for pricing details, our next Teacher Training dates and Teacher Training information evenings.