

Balanced Body
Pilates Teacher Training Program
2020/2021
Awaken Pilates
Minneapolis, MN



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Balanced Body Training at Awaken

Awaken is proud to be a host site for Balanced Body in Minneapolis, MN. Balanced Body Inc, the largest Pilates Company in the world has a renowned teacher training program with host sites and faculty all around the world. Balanced Body has been producing the finest Pilates equipment for over 30 years.

Balanced Body offers a full range of Pilates instructor training programs. Whether you are interested in teaching Mat classes, Reformer classes or Pilates personal training sessions on the Reformer, Trap Table, Chair and Barrels, Balanced Body has the resources you need to succeed. The Balanced Body Pilates instructor training program is designed to create thoughtful, creative and successful Pilates teachers. Our curriculum emphasizes the principles underlying each exercise helping you become the most effective teacher you can be.

Awaken and Balanced Body offer a program that includes both classical and contemporary exercises which gives you a healthy balance of the work and the ability to teach any individual or group class. The program teaches you modifications for injuries, osteoporosis, and pregnancy as well as how to make things more challenging for the strong, athletic individual. We will cover postural assessment techniques and common alignment anomalies. The comprehensive program will teach you the Pilates exercises on all pieces of equipment including the Mat, Reformer, Trapeze Table, Wunda Chair, High Barrel and Low Barrel.

The program is designed in modules so you can structure your training to a schedule that works for you; a little now, a little later or all at once. In addition to our instructor certification program, Balanced Body offers a number of continuing education opportunities including their famous Pilates on Tour conferences. Awaken is dedicated to helping you continue your Pilates journey of becoming a great teacher.

Below are the program details; including requirements, objectives, hours, training schedule and rates. If you have any questions about our program, would like to meet Karin in person or see the studio please don't hesitate to call or email <mailto:karin@awakenpilates.com>. We look forward to working with you on your Pilates journey!

Movement Principles is THE required entry point starting in 2019, which is offered twice a year at Awaken. Contact Karin regarding any exceptions to this.

Schedule for 2020-2021

Dates 2020/2021	Module	Pricing	Course Times	Hours
Sept 11-13 th , 2020	Movement Principles (entry point)	\$450	Friday 3-8pm Saturday 12-7pm Sunday 11am-4pm	16 hrs
Oct 9-11 th , 2020	Chair and Barrels	\$499	Friday 3pm - 8pm Saturday 12pm - 7pm Sunday 10am - 5pm	18 hrs
Nov 6-8 th , 2020	Mat 1	\$425	Friday 3pm - 8pm Saturday 12pm - 7pm Sunday 10am - 5pm	18 hrs
Dec 4-6 th , 2020	Trap/Cadillac	\$499	Friday 3-8pm Saturday 12:30-7pm Sunday 11-4pm	16 hrs
January 8-10 th , 2021	Mat 2	\$425	Friday 3-8pm Saturday 12 -7pm Sunday 11-4pm	16 hrs
Feb 5-7 th , 2021	Mat 3	\$425	Friday 3-8pm Saturday 12-7pm Sunday 11-4pm	16 hrs
March 12-14 th , 2021	Movement Principles (entry point)	\$450	Friday 3pm - 8pm Saturday 12-7pm Sunday 11am - 4pm	16 hrs
April 9-11 th , 2021	Reformer 1	\$450	Friday 3pm - 8pm Saturday 12pm - 7pm Sunday 11-4pm	18 hrs
April 30-May 2 nd , 2021	Reformer 2	\$450	Friday 3pm - 8pm Saturday 12pm - 7pm Sunday 11am - 4pm	16 hrs
May 21-23 rd , 2021	Reformer 3	\$450	Friday 3-8pm Saturday 12pm - 7pm Sunday 11-4pm	14 hrs
TBA	Anatomy			

Savings!

Get \$75 off when you register for Mat 1, Mat 2 and Mat 3 at the same time! Use discount code Awaken75Off

Get \$75 off when you register for Reformer 1, 2 and 3 at the same time! Use discount code Awaken75Off

Get \$75 off when you register for Trapeze, Chair and Barrels at the same time! Use discount code Awaken75Off

You may register at <http://bbu.pilates.com>. Spaces are limited so we encourage you to register early. **Please allow BB 2 weeks for registration and time to receive manuals for each module. Manuals are \$50.**

Common Initial Questions and Answers

When do I start the program? You can enter the program with the Movement Principles module which is offered at Awaken Pilates twice a year. If you have a conflict with these dates please contact Karin for options. From there you can do the Mat program, Reformer program or Comprehensive program.

Do I need to pay for all of it upfront? No, the nice thing about Balanced Body is they allow students to pay as they go which is extremely helpful from a financial standpoint and often rare with training programs. It is recommended you register and pay for each module no later than 2 weeks before the scheduled date to allow for manuals and videos to arrive to your home on time. If you register less than two weeks, we will have a manual for you and BB will ship your DVD.

Are any discounts given? Awaken offers students a discount when they register and commit to a module block of courses. See schedule above for discounts and code. These courses flow together so it is recommended you take them in the block for the best learning experience.

How do I know if I am ready to take the program? We find the more experience you have with Pilates before starting the program, the better absorption of the information both physically and mentally. Whether that's privates or group classes we encourage you to take Pilates and get familiar with our teaching style at Awaken before your first module. Once you are registered you can get discounts on classes and privates at Awaken.

Who teaches the courses? Karin Twigg is the program director at Awaken and teaches the majority of the courses. Kristen Wozniak, also a Balanced Body Master Instructor teaches the weekend courses with Karin.

Movement Principles

Learn how to recognize, improve and teach fundamental movement patterns with the Movement Principles, the foundation of the Balanced Body instructor training system. This course is designed for both new and experienced instructors to refine their understanding of the body in motion. Movement Principles is the prerequisite for the Balanced Body Pilates program and the heart of the Balanced Body Movement Specialist Certification. Take it to become a truly transformative instructor.

The Movement Principles provides a solid foundation for training in any environment, with any equipment. You will come away with a complete tool box for effectively training clients to recover from injuries, improve their general fitness and enhance their performance.

The movement principles course includes five sections:

- Whole Body Movement
- Trunk Integration
- Lower Body Training
- Upper Body Training
- Mobility and Restoration

The focus on practical understanding of common movement patterns prepares instructors to be excellent at problem solving, goal setting and learning new exercise techniques with ease.

Program includes:

- General discussion and overview of anatomy including bones and joints in specific relationship to movement
- Exercise instruction in foundational exercises which apply to any movement and fitness setting
- A detailed, full color manual with 5 accompanying DVDs and streaming video to enhance your learning experience
- Cueing, coaching and teaching tips

Mat Teacher Training

Mat work is the foundation of the Pilates method. The Balanced Body Mat program includes the full repertoire of Pilates exercises, along with modifications and variations to make your program successful for a wide range of clients. By incorporating the Balanced Body movement principles, we give you the power to be a transformative teacher.

Mat Program Includes:

- Instruction in the complete pre–Pilates and Balanced Body Mat exercises.
- A detailed, full color manual with accompanying video support to enhance your learning experience.
- Mat class design and delivery based on the Movement Principles and Balanced Body Programming System.
- Development of cueing, coaching and teaching skills.
- Safety information for teaching older adults, pre and post–natal women, and clients with back, knee, neck and shoulder conditions.

Mat 1 Introduction to Pilates & Beginning/Intermediate Exercises (16 hours)

Mat 1 forms the foundation of the Pilates method. This course includes an introduction to the history and principles of the Pilates method and the beginning and intermediate level exercises. Each exercise includes training on modifications, challenges, the purpose of the exercise and any precautions for injuries and special populations. How to design and teach group classes and guidelines for teaching seniors and pre and post–natal classes are included.

Mat 2 Intermediate/Advanced Exercises (16 hours)

Mat 2 teaches the remaining intermediate and advanced level Mat exercises for a complete understanding of the Pilates Mat program. Lectures include progressive skill development to achieve the advanced exercises, programming for intermediate and advanced classes and creating successful Mat classes.

Mat 3 Enhanced Pilates Mat + Props (16 hours)

Enhanced Pilates Mat completes the mat training by adding rings, rollers, bands and balls to the traditional Mat exercises. In addition, Enhanced Mat includes functional exercises for the upper and lower body expanding the Mat work beyond the core to develop whole body strength and flexibility. The Balanced Body programming system is introduced to make class design easy, effective and fun. Adding props to a mat class makes them more dynamic, creative and accessible and clients love toys!

Requirements for Completion – Mat only

To become a fully qualified Balanced Body Mat Instructor, students must complete the following:

- Anatomy (strongly recommended)

- Balanced Body Movement Principles (16 hours)
- Balanced Body Mat 1 – Course work and module test (16 hours)
- Balanced Body Mat 2 – Course work and module test (16 hours)
- Balanced Body Mat 3 – Course work and module test (16 hours)
- 20 Mat personal sessions, 15 observation hours and 35 student teaching hours.
- Final written and practical test.

Total hours for completion of Mat program: 134 hours.

Upon completion of all requirements, a certificate of completion as a Balanced Body Mat Instructor will be issued.

Reformer Teacher Training

The Reformer, developed by Joseph Pilates, is an extraordinarily flexible piece of exercise equipment. Learn how to use the Reformer and Pilates exercises to create powerful programming designed to optimize your clients potential.

Reformer Program Includes:

- Exercise instruction in the complete Reformer repertoire.
- A detailed, full color manual with video support.
- Successful class design and delivery based on the Movement Principles and Balanced Body Programming System.
- Instruction in observing and analyzing posture and movement.
- Development of cueing, coaching and teaching skills.
- Guidelines for teaching older adults, pre and post-natal women, and clients with common orthopedic conditions.
- Equipment safety and maintenance.

Reformer 1 Introduction to Reformer and Beginning Exercises (18 hours)

Reformer 1 covers an introduction to the Pilates Reformer including set up and safety, beginning exercises, program sequencing, and teaching tips for group classes. By the end of the course you will be able to teach a beginning Reformer class or personal training session.

Reformer 2 Intermediate Exercises (16 hours)

Reformer 2 includes intermediate exercises and modifications designed for group and individual instruction. Teaching successful classes to clients at different levels of ability and designing programs to keep them inspired are emphasized.

Reformer 3 Advanced Exercises and Sports-Specific Programs (14 hours)

Reformer 3 includes advanced exercises and modifications for working with the advanced client, and programs designed for specific sports.

To become a fully qualified Balanced Body University Reformer Instructor, students must complete the following:

- Anatomy Course (or approved equivalent)
- Movement Principles (16 hours)
- Balanced Body Mat Instructor Training (or approved equivalent)
- Reformer 1 – Course work, written and practical test (18 hours)
- Reformer 2 – Course work, written and practical test (16 hours)
- Reformer 3 - Course work, written and practical test (14 hours)
- 50 Reformer personal session hours and 100 teaching hours or
- 30 Reformer personal session hours, 30 observation hours and 90 teaching hours
- Final Written and Practical Test

Total hours for completion of Reformer Program = 214 (not including anatomy)
Total hours for completion of Mat and Reformer Programs = 332 hours

Apparatus Teacher Training

Modules: Trapeze Table/Cadillac/Tower, Chair, Barrels and Small Equipment

Balanced Body Pilates Apparatus instructor training program completes the comprehensive Pilates instructor certification program. Included is the complete repertoire on the Trapeze Table/Cadillac/Tower, the Pilates Chair, the Barrels and small equipment. Completing the additional apparatus training gives you a great variety of tools to use when working with clients and qualifies you to take the national Pilates certification exam.

Comprehensive Program Includes:

- Exercise instruction on the complete Balanced Body Trapeze Table or Tower, Chair, Ladder Barrel, Step Barrel and small apparatus repertoire.
- Detailed, full color manuals with accompanying video support to enhance your learning experience.
- Successful class design and delivery based on the Movement Principles and Balanced Body Programming System.
- Development of cueing, coaching and teaching skills.
- Development of critical thinking and problem solving skills for common physical limitations and conditions.
- Equipment safety and maintenance.

Trapeze Table/Cadillac/Tower (18 hours)

Provides a thorough introduction to Trapeze Table and Tower exercises as well as applications for beginning, post-rehabilitation and advanced clients. This training is appropriate for students working with the Allegro® or Allegro 2 Tower of Power®, Half Trapeze and Wall Tower as well as those working with full Trapeze Tables. Sequencing programs using multiple pieces of equipment are covered as well as equipment set up, safety and maintenance.

Pilates Chair Module (14 hours)

The chair is great for doing strengthening work with athletic clients, and as an addition to group programming in combination with the Mat. Includes exercises and variations for the original Wunda chair, the EXO chair and the split pedal Combo Chair. This course includes exercises and programming for both personal training sessions and classes.

Pilates Barrels (6 hours)

Includes exercises and variations for the Step Barrel and Ladder Barrel, both are excellent tools for enhancing spinal mobility and core strength. The Ladder Barrel is most commonly used in a studio setting while the Step Barrel is a great addition to group classes.

To become a fully qualified Balanced Body Pilates Instructor, students must complete the following:

- Movement Principles (16 hours)
- Anatomy Course (or approved equivalent)
- Balanced Body Mat Instructor Training (or approved equivalent)
- Balanced Body Reformer Training (or approved equivalent)
- Cadillac/Tower - Course work, written and practical test (18 hours)
- Chair and Barrels - Course work, written and practical test (20 hours)
- In addition to the above requirements:
 - 45 personal session hours and 105 teaching hours or
 - 35 Reformer personal session hours, 20 observation hours and 95 teaching hours
- Written and Practical Test

Total hours for completion of Other Apparatus Program = 186 (not including anatomy)

Total hours for completion of full program = 520 hours (not including anatomy)

Upon completion of all requirements, a certificate of completion as a Comprehensive Balanced Body Pilates Instructor will be issued.

Personal Sessions

Developing and committing to a personal Pilates practice is an essential part of becoming an effective and inspiring Pilates instructor. Personal sessions can include self practice, classes and private sessions. 50% of your hours must be done at Awaken, or at an approved facility if coming to Awaken is not possible. At Awaken a 24-hour cancellation policy applies to all scheduled sessions.

Student Discounts at Awaken

Mat Classes – \$12

Reformer Classes - \$20

Privates w/staff - \$70

Privates w/Karin or Kristen - \$75

- rates are good *6 months if you are just doing the mat program, 12 months if you are doing the reformer program and 18 months if you are doing the comprehensive program* time starts after your last training weekend.
- Discounted rates start after student is registered. For example, once registered for Reformer 1, reformer class discounts apply.

Observation Hours

Observation hours include watching experienced instructors teach group or private sessions. Observation is a great way to understand verbal and manual cueing, program sequencing and to hone your teaching skills. 50% of your hours must be done at Awaken. These need to be schedule in advance at the front desk. Observing at Awaken is including in the cost of the program however your time to observe is limited to once you are registered for a course and 6 months after your last registered course. Observation hours must be scheduled with the studio.

Practice Teaching Hours

Teaching hours include any Pilates teaching with your fellow colleagues, family or friends in or out of the studio. Awaken is open for your teaching use at no additional charge but sessions need to be scheduled in advance. During prime business hours session times may not always be available. You do not have to do any of your practice teaching hours at Awaken if you have access to equipment or space elsewhere. Practice teaching hours must be scheduled with the studio.

You may teach fellow classmates, family and friends at Awaken as long as you provide proof of liability insurance. This can be obtained through the PMA (pilatesmethodalliance.org), Fitness and Wellness, Inc. (fitnessandwellness.com), or another insurance provider. Membership is about \$99 and student insurance is about \$150. Awaken must be listed as additional insured.

Practice teaching at the studio are free of charge and therefore, there is no charge to the students you are teaching. You are not allowed to work with regular Awaken clientele for your teaching requirement unless hired by the studio to do so.

Use of the studio for teaching hours is limited to 6 months after your last registered course.

Auditing

Once you have completed the Balanced Body program at Awaken Pilates you are allowed to audit/observe any of the upcoming training program modules that you have attended previously for \$50/day. This is a great way to refresh your understanding of previous modules and material. This must be scheduled in advance.

Balanced Body Bridge Program

Students who have completed their Mat, Reformer or Comprehensive Pilates Training through other organizations can take the Balanced Body curriculum and receive a certificate of completion from Balanced Body. Students will need to provide proof of completion of a comparable Mat or Reformer program before being accepted into Balanced Body University. Please contact education@pilates.com or go online to fill out the application.

Scheduling/Attendance

Please show up to each weekend training on time and ready to work. If you need to miss any of the training please speak to Karin in advance to discuss other arrangements.

Cancellation Policy and Refund Policy

- a. Notwithstanding anything to the contrary, if a student gives written notice of cancellation within 5 business days of the execution of the modular weekend training, then a complete refund is given.
- b. If a student cancels after five business days but before the start date of the modular weekend training, student is assessed 15 percent of tuition, fees and other charges (15% not to exceed \$50).
- c. If a student cancels after the start of the modular weekend training but before the completion of 75 percent of instruction, student is assessed pro rata portion based on the number of hours as a portion of the tuition, fees and all other charges plus 25% of the total program (25 percent not to exceed \$100).

Testing Out of the Program

Once a student has met all the requirements of the program and submitted hours to Balanced Body, Balanced Body will approve the student to be tested out. Test outs are held at Awaken approximately every four months. The test out consists of both a practical and written exam taking approximately 2 hours to complete.

Test Out Fees: \$225 includes written and practical test that takes usually 2 hours.

To be paid through Balanced Body.

Testing Preparation

Throughout the year we will offer review sessions for Balanced Body students to prepare for the written and practical exams. These are scheduled in our Mind Body Online scheduling system under the workshops tab. This prep workshop is not required but highly recommended. Please register online to secure your spot.

Licensed with State of MN

Awaken Pilates is licensed as a private career school with the Minnesota Office of Higher Education pursuant to Minnesota Statutes, sections 136A.821 to 136A.832. Licensure is not an endorsement of the institution. Credits earned at the institution may not transfer to all other institutions.

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Karin Twigg
Program Director
Balanced Body Faculty
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Karin Twigg, the founder of Awaken, initially discovered Pilates while living in San Francisco. With her background in dance, Pilates was intuitive and in sync with her personal style of exercise. She loved the way it made her body feel and wanted to share that experience with others. Karin received mat training from Physical Mind Institute then her full certification in The Pilates Method at A Body Prepared in West Hollywood, CA. In August of 2002, Karin moved to Minneapolis to be closer to family and by April of 2003 Awaken was open for business. Karin has done countless trainings with The Pilates Studio of Boulder, CO and went through the Gyrotonic foundation teacher training program in 2004. Karin is a faculty instructor with Balanced Body and offers the Balanced Body training program at Awaken. She enjoys creating unique programs for different client needs and abilities. Her passion is to help clients create inner strength and realize the potential their bodies have. After having her two girls, Karin has an additional passion of working with women to heal from the trauma of pregnancy and birth. Karin is a Doula and loves to help guide women through pregnancy and the birth process.

Karin holds a B.A. degree in Marketing from the University of Iowa.

'Karin is an amazing pilates instructor. Her expertise and presentation of the material was done exceptionally well.'

'This was an excellent training. Highly informative and a perfect blend of learning the foundations/philosophy and practice. Karin is a phenomenal instructor with a wealth of information. She created a safe, fun and challenging environment!'

'Karin was a phenomenal instructor. Incredibly knowledgeable, patient and insightful.'

'I've been very happy with my Mat Training...I'm looking forward to the rest of the comprehensive program.'

'Karin did a great job teaching the materials.'

'Karin did an excellent job of leading the class.'

'Again, Karin did a great job presenting the material. She has a great eye for picking up subtle mistakes and correcting them in a constructive and non-judgmental way. Love her.'

'Karin was great. I learned so much from her training, not just the exercises, but about what to look for and how to correct. It was the most valuable training I have taken in several years.'

'I have had such an amazing experience this summer at your studio, and doing the reformer training with you was so fantastic and I think you are such an amazing and inspiring instructor. I just wanted you to know that I really really valued the time I got to spend at the studio, the balanced body training, taking classes, and having you open up the space to me to practice there as well.'