

Balanced Body  
2016/2017 Pilates Teacher Training Program  
Awaken Pilates  
Minneapolis, MN



**Balanced Body University**

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**Awaken Pilates Studio**

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(612) 824-1722

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Owner/BBU Faculty  
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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. We look forward to working with you on your Pilates journey!

## Schedule for 2016/2017

Dates 2016/2017	Module	Pricing	Course Times	Hours
Sept 30-Oct 2 <sup>nd</sup> , 2016	Trapeze/Cadillac	\$499*	Friday 3:00 pm - 8:00 pm Saturday 12:00 pm - 7:00 pm Sunday 9:00 am - 5:00 pm	18 hrs
Oct 14 <sup>th</sup> 2016	Anatomy Part 1	\$425	Friday 2-9pm	6 hrs
Nov 4-6 <sup>th</sup> , 2016	Chair/Barrels	\$499*	Friday 3:00 pm - 8:00 pm Saturday 12:00 pm - 7:00 pm Sunday 9:00 am - 5:00 pm	18 hrs
Nov 18 <sup>th</sup> 2016	Anatomy Part 2		Friday 2-9pm	6 hrs
Jan 27-29 <sup>th</sup> , 2017	Mat 1 and Movement Principles	\$425*	Friday 4pm - 8pm Saturday 12-7 pm Sunday 9am - 4pm	16 hrs
Feb 24-26 <sup>th</sup> , 2017	Mat 2	\$425*	Friday 4 pm - 8 pm Saturday 12-7 pm Sunday 9am - 4 pm	16 hrs
March 24-26 <sup>th</sup> , 2017	Reformer 1 and Movement Principles	\$499*	Friday 3pm - 8pm Saturday 12pm - 7pm Sunday 9am - 5pm	18 hrs
April 21-23 <sup>rd</sup> , 2017	Reformer 2	\$449*	Friday 4pm - 8pm Saturday 12pm - 7pm Sunday 9am - 4pm	16 hrs
May 20-21 <sup>st</sup> , 2017	Reformer 3	\$400*	Saturday 12pm - 7pm Sunday 9am - 6pm	14 hrs
			* Additional Materials Fee for each module is \$75 (includes manual and video) To be purchased directly through Balanced Body – allow 10 days for shipping	

### Savings!

Get \$50 off when you register for both Mat 1 and Mat 2 at the same time!

Get \$100 off when you register for Reformer 1, 2 and 3 at the same time!

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

Email [karin@awakenpilates.com](mailto:karin@awakenpilates.com) for the discount codes to register. 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.

## Common Initial Questions and Answers

**When do I start the program?** You can enter the program at either *Mat 1* (recommended) or *Reformer 1*. Those are the two entry points and then you can proceed with the modules from there. Some students choose to do the comprehensive program all at once and some take the modules over a couple years. In *Mat 1* and *Reformer 1* we dive deep into the Pilates Movement Principles which are the nuts and bolts of the work and starting point of which the program builds upon.

**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.

**Is there any discounts given?** Awaken offers students a discount when they register and commit to a module block of courses. \$50 off when you register for both *Mat 1* and *2* at the same time, \$100 off when you register for *Reformer 1, 2* and *3* at the same time. And \$75 when you register for both *Chair/Barrels* and *Cadillac* at the same time. 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.

## **Mat Teacher Training**

The Balanced Body Pilates Mat instructor training includes the complete Pilates Mat repertoire as well as an introduction to the movement principles that make Pilates such a successful exercise program. Modifications and variations are included to help you successfully teach a wide range of clients. Balanced Body Pilates Mat instructor training will empower you to become a successful, creative and transformative Pilates teacher.

Mat certification program includes:

- Exercise instruction in the complete Pilates Mat repertoire
- A comprehensive manual consistent with current national standards
- Cueing, coaching, and teaching tips for clients at different levels of ability
- Safety information for teaching older adults, pre and post-natal women, and clients with back, knee, and shoulder conditions
- Tips on teaching successful group programs

### **Mat I Introduction to Pilates & Beginning/Intermediate Exercises (16 hours)**

Mat I includes an introduction to the history and principles of Pilates, beginning and most intermediate level exercises with modifications, lectures on class order and programming in a group setting, and guidelines for teaching seniors, pre-, and post-natal classes.

### **Mat II Intermediate/Advanced Exercises (16 hours)**

Prerequisites: Mat I

Mat II includes the remaining intermediate and advanced level exercises as well as essential movement principles and training tips for advancing clients to the higher levels. Pilates for sports specific activities are also covered.

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

- Anatomy Course (12 hours or approved equivalent)
- Mat 1 – Course work, written and practical test (16 hours)
- Mat 2 – Course work, written and practical test (16 hours)
- 25 Mat personal sessions and 45 student teaching hours or
- 20 Mat personal sessions, 15 observation hours and 35 student teaching hours

Total hours for completion of Mat Program = 102 hours (not including anatomy).

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

# **Reformer Teacher Training**

## **Reformer 1 Introduction to Reformer and Beginning Exercises and Pilates Principles (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.

Reformer certification program includes:

- Exercise instruction in the complete Pilates Reformer repertoire
- A comprehensive manual consistent with current national standards
- Cueing, coaching, safety, and teaching tips for clients at different levels of ability
- Guidelines for teaching older adults, pre and post-natal women, and clients with back, knee, neck, and shoulder conditions
- Program design for clients at every level including sports specific lessons
- Equipment safety and maintenance

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

- Anatomy Course (or approved equivalent)
- 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
- Practical Test

Total hours for completion of Reformer Program = 198 (not including anatomy)

Total hours for completion of Mat and Reformer Programs = 300 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. The modules may be offered individually or they may be combined depending on the equipment available at the host studio.

Apparatus Certification program includes:

- Exercise instruction in the complete Pilates Trapeze Table/Cadillac/Tower, Pilates Chair, Barrels, and small equipment
- A comprehensive manual for each piece of equipment consistent with current national standards
- Cueing, coaching, safety, and teaching tips for clients at different levels of ability
- Program sequences for classes and personal training sessions
- Equipment safety and set up

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

- 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 (19 hours)
- Chair and Barrels - Course work, written and practical test (19 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
- Practical Test

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

Total hours for completion of full program = 486 hours

Upon completion of all requirements, a certificate of completion as a 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 – \$10  
Reformer Classes - \$20  
Semi-Privates - \$30  
Privates w/staff - \$60  
Privates w/Karin or Wendy - \$70

10% off any other services offered at Awaken (i.e. Thai Massage, Gyrotonic, TRX)

- rates are good *6 months* after final 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](http://pilatesmethodalliance.org)), Fitness and Wellness, Inc. ([fitnessandwellness.com](http://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](mailto: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**

- 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 gives written notice of cancellation 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 gives written notice of cancellation 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:**

	<b>Mat</b>	<b>Reformer</b>	<b>Comprehensive</b>
Individual:	\$200 per student	\$250 per student	\$275 per student
Group (2 or more):	\$150 per student	\$200 per student	\$225 per student

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 141.21 to 141.32. Licensure is not an endorsement of the institution. Credits earned at the institution may not transfer to all other institutions.

Minnesota Office of Higher Education  
1450 Energy Park Dr. Suite #350  
St. Paul, MN 55108  
651-642-0533  
[www.ohe.state.mn.us](http://www.ohe.state.mn.us)

**Karin Twigg**  
Program Director  
Balanced Body Faculty  
[karin@awakenpilates.com](mailto:karin@awakenpilates.com)

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.'*

Wendy Thomas  
Balanced Body Faculty

Wendy Thomas has always had a passion for movement and encouraging others to join her in finding the freedom to move with ease. She began with dance, studying at the Perpich Center for the Arts and earning a B. F. A degree from Mason Gross School of the Arts in Dance and Choreographer, but moved into Pilates after a back injury while dancing professionally. Immediately she realized how helpful the method was for her and began studying to share the benefits with others. She became a fully certified STOTT® Pilates Method trainer in New York City as well as courses through PHI/Balanced Body. Wendy has taken various workshops to be able to work with people with special conditions and circumstances. She is NASM and Labon Movement Analysis certified. In 2015, Wendy went through Balanced Body Faculty Training and has joined Karin in teaching the BB Program at Awaken. She feels honored to have worked with 911 survivors on breathing, CEO's on posture, individuals with nerve conditions on motion quality and Mom's-to-be! She has so much gratitude from all that she learns from her clients. With a kind and light-hearted manner, her goals are to assist those she works with to access their deepest stabilizing muscles for stability, joint efficiency and breathe for optimal alignment so they can leave each session feeling longer, stronger and free to do what they do best.

Outside the studio, Wendy loves listening to music, arts and crafts, running, dancing with friends and is always looking forward to getting to the cabin for waterskiing or relaxing beach time.