



# Pilates Teacher Training

A 450-HOUR TRAINING TO TRANSFORM YOUR LIFE

**Erica Downing  
& Tawny Solorzano**

WESTLAKE VILLAGE

JAN 19 - APRIL 15, 2018

\$4,400 • \$4,000 BY JAN 8

**INFO SESSION & FREE REFORMER JUMPBOARD WORKSHOP**  
SATURDAY, JANUARY 6 • 10AM - 12PM

*trans·form (verb)*

*Make a thorough or dramatic change in the form, appearance, or character of.*

The YogaWorks Comprehensive Pilates Training is skillfully designed to transform you on every level. Directly derived from the brilliant work of Joseph Pilates, our signature Pilates training masterfully combines the very best elements of Classical, Therapeutic & Contemporary Pilates theory. Upon completion of the training you will have the knowledge to teach to all levels both privately and in a group setting.

**FOR ALL INQUIRIES:**

[yanib@yogaworks.com](mailto:yanib@yogaworks.com)

or visit [yogaworks.com/pilates](http://yogaworks.com/pilates)

## TRAINING INCLUDES:

***Pilates Anatomy Training*** A 12-hour course that provides a valuable approach to the human body and how it relates to Pilates.

***Pilates Mat Fundamentals*** Learn the mechanics of mat exercises. You will also begin practice teaching in a group setting.

***Level 1*** Learn essential Pilates equipment exercises for beginners and practice as a group. Understand the etiquette and care of the Reformer, Cadillac, Wunda Chair and Small Barrels.

***Level 2*** Build on the basics with more exercises and learn to tailor a Pilates practice for fitness goals, injuries, pregnancy and postpartum.

***Level 3*** Learn to teach experienced students with more complicated exercises and Classical transitions. To deepen your teaching, you will conduct a one-hour private lesson.

***Level 4*** Experience advanced exercises on the Reformer, Cadillac, Spine Corrector, Wunda Chair, Large & Small Barrels, Ped-o-Pull and Pilates Mat.