



## Integrated Balance Pilates Instructor Training Phase I & II

**IB Pilates® Phase I** provides the starting point for instructors who are interested in learning the work of Joseph Pilates. The IB Pilates® Phase I Certification program provides a solid foundation in classical and contemporary Pilates mat and Reformer work and prepares you to effectively instruct Pilates to clients of varying levels in private and small group sessions. The e IB Pilates® Phase I program includes movement fundamentals & screening to allow our students to develop critical thinking skills as they approach the Pilates work and apply it to individual clients utilizing the reformer and the mat work. Our program philosophy is committed to teaching our students the movements as well as optimal ways to facilitate these movements.

Phase I includes 3 modules (60 hours of classroom instruction + 120 practical)

- Anatomy & Biomechanics Review (2h)
- Fundamentals & Movement Assessment (18h)
- Intro/Intermediate Mat Work (20 hours)
- Reformer Repertoire (20 hours)
- Registration includes a \$600 voucher at approved studios\* for private and group session while enrolled in IB Pilates Phase II program
- 3 month membership to Pilates Anytime for online training (\$54 value)

**IB Pilates® Phase II** completes the comprehensive instructor training on the remaining apparatus. Students who complete both Phase I and Phase II are eligible to sit for national certification through the Pilates Method Alliance. The IB Pilates® Phase II program builds on the foundation from Phase I by integrating the work on the Cadillac/Tower, Chairs, Spine Corrector and Ladder Barrels. Successful completion of Phase II will prepare you to effectively instruct Pilates to clients of varying levels in private and small group sessions on the most utilized pieces of Pilates equipment, with smaller apparatus being introduced. As students progress through the IB Pilates ® program, our instructors are committed to helping them apply their unique skills sets to the work and specifically helping direct them to best serving the clients they are most interested in by helping them understand not only the full expression/intent of a movement, but variations and modifications to facilitate the most nutritious movement for each client they are given the opportunity to serve.

Phase II includes 3 modules (60 hours of classroom instruction + 120 practical)

- Cadillac & Tower (20 hours)
- Wunda & High Chair (20 hours)
- Spine Corrector & Ladder Barrel (20 hours)
- Registration includes a \$600 voucher at approved studios\* for private and group session while enrolled in IB Pilates Phase II program
- 3 month membership to Pilates Anytime for online training (\$54 value)

Registration for **IB Pilates ®** Phase I & Phase II Proficiency Assessments (Written & Practical) is separate from course enrollment.

\* We can't wait to hear from you! Please contact [education@integratedbalance@gmail.com](mailto:education@integratedbalance@gmail.com) for more information about our program and to discuss approved training studios!